



Specially Selected Recipes



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PREFACE

"Mankind Eats To Live"

OUR happiness, efficiency and general well-being depend, more than on any other factor, upon the food we eat. It has always been our aim, in "Better Cookery," to keep in mind the many problems confronting the women of our western country, who have the responsibility of making homes for their families.

We endeavor to bring before our readers the results of investigations made by many eminent scientists who devote their entire time to study of various foods in relation to the human body. Always they keep in mind the ideal of eating to be well, the prevention of ill-health in preference to the curing of sickness.

We try to discuss the uses of our common food materials and their preparation, with the hope of being of assistance to the busy women with large families, town and city women, those on farms who have so much to do, the mothers of small children, who are so anxious that their children should be properly fed.

We give careful thought to the matter of time to be devoted to the preparing and serving of food, and the dish-washing. The majority of women in our country do not have help. Three nutritious meals a day should not require more than their share of the housekeeper's time and strength. We try to select recipes and methods of food preparation and cooking which will not consume an undue amount of time.

Cost of food is a most important matter. The woman of moderate means who provides for her family meals which are adequate

from the standpoint of nutrition, pleasing to the appetite, offer enough variety, and yet are within the family budget, is faced with a genuine problem. We endeavor to make the fullest possible use of the many food products which are readily available to us here, especially the products of our own farms, without giving much consideration to the more costly luxuries, and what is usually known as "Fancy Cookery," which we can well forego.

We believe that our families may be given meals which are attractive, wholesome, and entirely satisfactory, with a reasonable expenditure of money, labor and earnest thought.

Abbreviations

t. —teaspoon.

tb.—tablespoon.

c. —cup.

lb.—pound.

All measurements are level, and standard spoons and measuring cups are used.

BEVERAGES

Coffee

Four cups of ground coffee will make nine quarts or about 45 cups.

One pound of sugar is 96 level teaspoonfuls. It should be sufficient for 40-50 cups of tea or coffee.

A pint of coffee cream is enough for 15-16 cups of tea or coffee.

Measure the coffee, put in a cheese-cloth bag which is large enough to permit the coffee to swell. A few egg shells from eggs which were washed before being broken, may be put in the bag, crushed, with the coffee. Cover with cold water and let stand till ready to boil. The water should also be measured. Part of it may be boiling to save time. Boil just three minutes after the boiling point is reached, remove from the fire, add 1 c. cold water and let stand about 5 minutes to clear. Remove the bag of coffee grounds and serve as soon as possible.

Punch (for Twenty-Five)

Lemons 2 doz.	Water 6½ c.
Oranges 8	Sugar 6½ c.

Make a syrup of the water, sugar and finely shaved rind of 2 lemons and 2 oranges. Boil for 10 minutes. Cool and add fruit juices. Strain. Dilute to taste with water and ice, or carbonated water and ice. Pineapple juice or ginger ale may also be used in it.

Tea

Tea is not good if made in large quantities. One-half teaspoon to a cup is a good allowance to use.

BREAD, ROLLS, TOAST, CAKES, ETC.

Apricot Biscuits

Make a sweetened baking powder biscuit dough, roll out $\frac{1}{4}$ -inch thick, and cut with a large round cutter. Put half of a cooked apricot in the centre of each, fold over, moisten one edge, and press the edges firmly together. Brush the top with melted butter, sprinkle with granulated sugar, and bake in a hot oven. A spoonful of jam of any kind may be used in place of the apricot.

Boston Brown Bread

Salt 1 t.	Graham flour 1 c.
Molasses $\frac{1}{2}$ c.	Sour milk 2 c.
Raisins	Corn meal 1 c.
	Soda $1\frac{1}{2}$ t.
White or whole wheat flour 1 c	

If sweet milk is used instead of sour, add 2 t. cream of tartar. Mix and sift the dry ingredients add the milk, molasses and raisins, beat well and pour into greased covered molds, taking care to have them not more than $\frac{2}{3}$ full, and steam $3\frac{1}{2}$ hours.

Butterscotch Rolls

Spread the sheet of dough with butter and brown sugar as above, and bake. Care must be taken not to scorch the butter and sugar.

Bran Muffins

Butter 2 tb.	Flour 1 c.
Sugar 3 tb.	Salt $\frac{1}{2}$ t.
Molasses 1 tb.	Soda $\frac{1}{2}$ t.
Egg 1	Baking powder 1 t.
Bran 1 c.	Sour milk 1 c.

Raisins

Cream the butter and sugar, add the egg, molasses and bran, then the milk alternately with the sifted salt, soda, baking powder and flour, then the raisins, floured. Bake in a moderate oven.

Corn Bread

Corn meal 2 c.	Milk 1 c.
Sugar 2 tb.	Baking powder 3 t.
Salt 1 t.	Shortening 2 tb.

If sour milk is used, add $\frac{1}{2}$ t. soda.

Sift together the corn meal, sugar, salt, and baking powder, and soda if used. Add the milk and the melted shortening. Beat thoroughly and pour into a greased shallow pan. Bake 25-30 minutes in a moderate oven.

This makes 12 servings.

Corn Bread With Eggs

Corn meal 1 c.	Milk 1 c.
Flour 1 c	Eggs 2
Sugar 4 tb.	Baking powder 2 t.
Melted butter 2 tb.	Salt $\frac{1}{2}$ t.

Cinnamon Toast

If cinnamon toast is made often, for breakfast or afternoon tea, it is advisable to keep a little jar mixed ready for use. Use about 1 t. of cinnamon to 5 t. of granulated sugar. Make and

butter the toast, cut in suitable pieces, and as each is buttered sprinkle with the sugar cinnamon mixture, and serve as hot as possible.

Cheese Toast

As soon as the toast is buttered, spread it with cheese which is soft enough to spread. Most of the package cheeses are suitable.

Cinnamon Rolls

Roll biscuit dough about $\frac{1}{2}$ inch in thickness, spread with softened butter, sugar and cinnamon. Roll up like a jelly roll, cut in slices, lay on a greased pan, and bake in a hot oven.

Currant Rolls

Make like the above, but sprinkle the buttered sheet of dough with currants and sugar instead of cinnamon.

Croustades or Bread Boxes

Cut rather stale bread in thick slices or cubes, scoop out the centre, cut off all crusts, leaving wall about, $\frac{1}{4}$ -inch thick, brush all over with melted butter, inside and out, and brown in a hot oven. Fill with any desired mixture and serve hot.

Dumplings

To 1 c. flour, use 1 tb. shortening, 2 tb. baking powder, $\frac{1}{2}$ t. salt, 1 egg and enough liquid to make a drop batter. Drop by spoonfuls into the boiling liquid in the kettle, cover closely and cook 12 minutes, without lifting

the cover. They may be cooked with stew, cooked beans with considerable well-seasoned liquid, or canned tomatoes. To the tomatoes may be added a little gravy or a lump of butter or a little bacon may be cut in pieces, cooked and added. To the dumplings cooked with tomatoes, a little cheese, grated or chopped, may be added before the liquid. Water may be used instead of milk, for the liquid in dumplings.

Drop Spice Cookies

Fat 1 c.	Eggs 2
Brown sugar 2 c.	Sour milk 1 c.
Cloves 1 t.	Flour (white or
Nutmeg $\frac{1}{2}$ t.	whole wheat $3\frac{1}{2}$ c.
Soda 1 t.	Rolled oats 2 c.
Salt $\frac{1}{2}$ t.	Cinnamon 1 t.
	Raisins 1 c.

Cream the shortening and sugar, add the beaten eggs to the milk. Sift the dry ingredients, add the rolled oats and raisins. Add to the sugar and shortening alternately with the liquid. Drop by spoonfuls on pans and bake about 15 minutes in a moderate oven.

Date Patty Cakes

Butter $\frac{3}{4}$ c.	Brown sugar $2\frac{1}{2}$ c.
Eggs 4	Nutmeg $\frac{1}{2}$ t.
Milk 1 c.	Baking powder $2\frac{1}{2}$ t.
Flour $3\frac{1}{2}$ c.	Cinnamon $1\frac{1}{2}$ t.
	Dates, cut in pieces 1 lb.

Cream the butter and sugar, add the eggs and beat the mixture till light, add the milk alternately with the sifted flour, baking powder and spices, then the floured dates. (Part dates and part raisins may be used.) Beat till light, fill greased muffin pans half full and bake in a moderate oven.

Eggs and Cress Rolls

Small finger	Salad
rolls 50	dressing $1\frac{1}{2}$ -2 c.
Pepper cress	Eggs 12

Hard boil the eggs. Cool, mash and combine with the salad dressing to make a creamy mixture. Split and butter the rolls, and fill with the mixture. Sprinkle with pepper cress and replace the tops of the rolls.

French Toast

Milk 1 c.	Salt $\frac{1}{2}$ t.
Egg 1 or 2	Pepper

Beat the eggs, add the milk, salt and pepper and if wished, 1 t. of sugar. Dip slices of stale bread in the mixture and brown on both sides on a hot greased griddle or frying pan. Serve at once with syrup or jelly or honey.

Fig Bars

Make rich baking powder biscuit dough, spread with butter, fold over and roll again to $\frac{1}{4}$ or $\frac{1}{3}$ inch thickness. Cut in strips 2 inches wide and about 12 inches long. Mark each strip into thirds, crosswise. Spread a thick sweet fig paste on the middle portion, fold one piece over it, spread that with the fig paste, and fold the remaining third of the strip over it. Brush the top with milk and bake in a hot oven. Or the large sheet of dough may be divided into thirds, the centre one spread with the paste, one folded over and spread with paste, and the third portion folded over it, then cut in bars about 2 inches wide, 4 inches long, and bake.

Milk Toast

Toast stale bread, butter it and cut in cubes. Pour over it very hot milk, to which are added salt and pepper and if liked, a little more butter.

Marguerites

Eggs 2	Salt $\frac{1}{3}$ t
Brown sugar 1 c	Nut meats, cut in
Flour $\frac{1}{2}$ c	small pieces $\frac{1}{2}$ c
Baking powder $\frac{1}{4}$ t	Bran $\frac{1}{2}$ c

Beat the eggs slightly, add the other ingredients in the order given. Fill small buttered tins $\frac{2}{3}$ full, bake in a moderate oven 10-15 minutes.

Nut or Fruit Bread

Egg 1	Flour 2 c.
Sugar scant 1 c.	Baking powder 4 t.
Milk 1 c.	Salt 1 t.

Nuts, or dates, raisins, currants 1 c.

Beat the egg, add the sugar, then the flour, salt and baking powder sifted together, alternately with the milk. Add the nuts or fruit or a combination of them, cut in pieces and mix little of the flour. Bake an hour in a loaf pan.

Prune Cake Filling

Drain stewed prunes, remove the pits, and chop or mash. Add a few finely-chopped nut meats, 1 t. lemon juice and a little orange pulp, or orange marmalade (about 2 tb.) and spread after mixing well, between the layers of a plain cake.

Petit Fours

Make a plain cake, not more than an inch thick. When cool, cut with fancy cutters. Frost all over each piece with a butter frosting, flavored to taste

and colored if wished. Place on waxed paper to dry. The sides may be rolled in chopped almonds or walnuts, or toasted cocoanut before the icing has quite dried, if wished. Or garnish with angelica, maraschino cherries or colored cocoanut, candied violets or rose leaves. When dry, put each cake in a petit four case.

Rice Pancakes

In a bowl put cooked rice which has been left over, or plain boiled sago. To it add the beaten eggs, melted butter, baking powder or soda, salt, milk sugar, which would be used for ordinary pancakes, then after beating, add enough sifted-flour to make of the right consistency, and cook in the griddle. Serve with syrup, honey, etc.

Shortcakes

Baking powder biscuits made and kept warm, split, lightly buttered, a little fruit put on the lower half, the top replaced, a spoonful of fruit on it, then a spoonful of whipped cream.

1. Fresh or canned strawberries.
2. Fresh or canned peaches.
3. Canned or stewed dried apricots.
4. Cubed oranges.
5. Fresh or canned blackberries or raspberries.
6. Bananas.

Tocsin Biscuits

Sift 2 c. flour, 4 t. baking powder, 1 t. salt. Cut in 3tb. shortening. Add 1 beaten egg to $\frac{1}{2}$ c. apricot pulp, rubbed through a sieve (canned or stewed dried fruit) and $\frac{1}{4}$ c. apricot syrup. Combine with the dry ingredients, pat out on a floured board, cut in bell shape, and bake in a hot oven.

CEREALS

Cereal With Dates

To oatmeal, cream of wheat, etc., add a few dates, wiped and pitted and cut in pieces, shortly before removing from the fire. Raisins or stewed prunes (removed from the juice), and cut in pieces, may be substituted for the dates.

Cereals With Hot Milk

Certain prepared cereals, such as shredded wheat biscuits, and muffets are delicious, especially on a very cold morning, if served with milk scalding hot, and considerable salt and pepper (if liked) added.

Fried Corn-Meal Mush

Cook yellow corn-meal in the usual way, in boiling salted water till done, having it rather thick. A little grated cheese may be added if liked. Pack in a greased bread pan, smooth the top and brush with melted butter or dripping to prevent a crust forming. When quite cold and ready to use, cut in half inch slices and brown on a greased griddle or frying pan. Unless quite stiff it may be necessary to dip each slice in flour to prevent sticking to the pan and falling to pieces. Serve hot with butter, syrup, jelly, etc., anything liked with pancakes or French toast.

EGGS

Baked Eggs

Select small tomatoes of uniform size. Cut around stem and remove seeds. Put in a dish and break an egg into each. Add salt and pepper and bake in a moderate oven about 12 minutes, till the egg is set. Serve on hot buttered toast.

Creamed Eggs on Toast

Cook the eggs hard, remove the shells and either slice the eggs or cut into lengthwise sections. Heat them in a sauce made of 2 or 3 tb. butter, 2 tb. flour, salt and pepper to taste, to 1 c. of milk, or chicken stock in place of milk. Put on buttered toast, which may be spread with a little cheese, and sprinkle the eggs with paprika.

Creole Eggs

Chopped onion 1 t. Tomato soup 1 can
Salt and pepper Eggs

Butter the required number of custard cups or ramekins, and divide the tomato mixture among them, after simmering the onion in it. Break 2 eggs into each cup, sprinkle with salt and pepper and dot with butter. Set in the steamer over hot water or in a pan of boiling water in the oven. Serve at once, sprinkle with chopped parsley.

Eggs Supreme

Thick cream	Crisp rice cereal 1 c.
sauce 1 c.	Mushrooms $\frac{1}{4}$ c.
Hard-cooked eggs 5	Cooked ham 1 c.
Cream or rich	Salt 1 t.
milk $\frac{1}{2}$ c.	Paprika $\frac{1}{8}$ t.
Grated cheese $\frac{1}{2}$ c.	

To the hot cream sauce add the sliced eggs, cream, mushrooms, ham, salt and paprika. Sprinkle top with cheese and rice cereal. Bake in moderate oven 45 minutes.

Eggs in Potato Nests

Put a 2-inch layer of seasoned mashed potato in a baking dish. Make indentations with a table spoon and break an egg into each hollow. Season and bake in a moderate oven till the egg is set.

Eggs a la King

Diced hard-cooked eggs 6.	Mushroom liquor $\frac{1}{2}$ c.
Mushroom, small can.	Salt.
Thin cream or rich milk $2\frac{1}{2}$ c.	Pimento 1.
Paprika.	Green pepper 1.
	Flour 3 tb.
	Butter 4 tb.

Toast

Drain the mushrooms and saute for a few minutes in the butter. Skim out of the butter and add to the hard-cooked eggs, chopped pepper and pimento. Make a sauce of the butter remaining in the pan, flour and cream or milk, and mushroom liquor. Add the egg mixture, heat, and serve on triangles of buttered toast.

Eggs With Greens

Line buttered ramekins with cooked chopped chard, spinach or beet-tops. On each one break one or two eggs, set in a pan of boiling water in the oven till the eggs are set. Sprinkle with salt, pepper, dots of butter and if wished, grated cheese.

Eggs With Rice

Cook 1 c. of rice, and mold in a dish with a flat bottom, and keep it warm. Turn on a hot platter, make indentations in the top in which to put halves of warm hard-cooked eggs. Pour a well-seasoned tomato sauce over them and serve hot.

Eggs in Aspic I

Poach the desired number of eggs, carefully in water, to which salt and a little lemon juice or vinegar have been added, taking care to have them a good shape. Cook till firm. Chill. Have ready a jelly made by using soup stock, or water with beef extract. Season and to 2 c. of liquid use 1 tb. of gelatine soaked in 2 tb. cold water. Put an egg in each of several individual molds turning the eggs upside down and fill with the thickening jelly. Cooked peas, etc., may be used for garnish. Unmold to serve, or place the eggs right side up in a serving dish, add the jelly, and serve from the dish.

Eggs in Aspic II

Use hard-boiled eggs instead of poached, and shell them to mold in the jelly.

Eggs and Ham Scrambled.

Ham 1 slice	Eggs 5
Butter 1½ tb.	Rich milk ¼ c.
Salt and pepper to taste	

Cut the ham in cubes and brown slightly in the butter. Mix the milk and unbeaten eggs, and pour into the pan with the ham. Season. As it cooks, stir from the bottom with a fork, just enough to keep it from scorching and

becoming too hard underneath. When set, fold over like an omelette and garnish with sections of tomato or with parsley.

Eggs Au Gratin

Scald together 2 c. milk, onion sliced, with 6 cloves stuck into the slices. Add 2 tb. butter and 2 tb. of flour, after straining out the onion and cloves, to make white sauce. Season with salt and paprika, and put half of the sauce in a buttered bake dish. Put on it $\frac{1}{2}$ c. bread crumbs and $\frac{1}{4}$ c. grated cheese. Put in the oven to become very hot, then break the required number of eggs carefully on top of the crumbs, keeping them separate if possible. Surround with the remaining sauce, cover with another $\frac{1}{2}$ c. of crumbs and $\frac{1}{4}$ c. of cheese, and bake till the eggs are set.

Hashed Potatoes With Eggs

Put cold cooked potatoes in a frying pan with a little dripping or butter. Chop with a sharp-edged tin can, and when hot but not browned, break into it several eggs, stir till the eggs are done, season, and serve hot. The eggs should not be over-cooked. It is better if a mild-flavored fat is used to grease the pan.

Jellied Eggs

Gelatine 2 tb.	Soup stock or
Cold water $\frac{1}{2}$ c.	strained tomato 3 c.
Hard cooked eggs	Salt and pepper

Soak the gelatine in the cold water, then dissolve in the hot well seasoned stock or tomato juice. Let a little of it harden in a ring mold, then arrange shelled hard-cooked eggs at regular

intervals on the stiffened jelly. Add a little more jelly, and as it stiffens, continue till the eggs are covered. Rings of olives or of sliced cucumber pickle may be put in for garnish. If one has not a ring mold, one may be made by using a bowl, and putting in the centre of it a small bowl or tumbler filled with cold water or each egg may be molded in individual molds of the jelly.

Luncheon Eggs With Potato

In a buttered bake dish put alternate layers of sliced cooked potato and sliced hard-cooked eggs, with a little minced onion. Over it pour cheese sauce and cover with buttered crumbs. Brown in the oven.

Poached Eggs in Tomato Sauce

Make a well seasoned tomato sauce, and put some in each croustade. Poach the required number of eggs and lift one carefully into each croustade, cover with the remaining tomato sauce, and serve hot.

Scrambled Eggs With Chipped Beef

Tear the thin slices of dried beef in small pieces with the fingers, and add to the required number of eggs to be scrambled, with seasonings, and milk if used, pour into a greased frying pan, and stir constantly till thickened, and served at once on hot buttered toast.

Steamed Eggs

Butter the required number of custard cups or other cups which may be used for cooking. Into each one break carefully one or two eggs, sprinkle with salt and pepper, and if wished, with a

little grated cheese. Put the cups of eggs into a steamer, over hot water, or set in a closely covered pan containing boiling water and put in the oven. Cook till done, which will take 15 or 18 minutes. Serve either in the cups or turn out onto buttered toast. Or if wished, the eggs may be broken into one dish and served from it.

Scrambled Eggs With Tomato

In a sauce pan put either undiluted tomato soup, or a tomato sauce made by straining canned tomato, adding flour for thickening, butter, salt and pepper. Heat, and into it break the desired number of eggs, stir till thick and the eggs are cooked. Serve on toast or crackers.

Stuffed Eggs

Cook the eggs hard, remove the shells, cut the eggs in halves, remove the yolks, mash, season, moisten with salad dressing, and if wished, add a little chopped nut meats, meat or cheese. Refill the halves or egg white with the mixture.

Smothered Eggs

Eggs	Toast
Left-over gravy 1 c.	Tomatoes 1 can.

Add the tomatoes, as much as required, to the left-over gravy or stew, and when boiling, break into it the required number of eggs. Set off the direct heat. When the whites are set, carefully skim out the eggs, place on slices of toast, and pour the tomato mixture over them.

II

Cut a few slices of bacon into half-inch cubes, and fry till crisp. Add 1

can of tomato soup and the can full of water, season with 1 t. of finely minced onion, salt and pepper. Break into it the required number of eggs, and when cooked serve on hot buttered toast.

Scallop of Eggs with Vegetables

Hard cooked	Grated cheese $\frac{1}{2}$ c.
eggs 6 or 8	Diced cooked
Cooked vege-	potato 2 c.
tables 1 c.	White sauce 2 c.
Chopped onion 1 tb.	Salt and pepper
	Buttered crumbs

In a buttered bake dish, put alternate layers of diced potatoes, sliced egg, other vegetables (peas, etc.) onion and well seasoned white sauce to which the cheese is added. Cover with buttered crumbs and brown in the oven.

Good

Surprise Nests

Mashed	Slices of bacon
potatoes 2 c.	Eggs.
	Salt and paprika.

Form the seasoned mashed potato into balls, flatten a little, and hollow out the centre enough to hold an egg which is broken into it. Around the outside wrap a long slice of bacon and fasten with a tooth pick. Slip an egg carefully into each nest, sprinkle with salt and paprika, and put into the oven long enough to cook the egg and the bacon. Serve hot garnished with parsley or cress or cooked green peas.

Shirred Eggs with Ham

Mix together 1 c. mashed potato, $\frac{1}{2}$ c. minced cooked ham, salt and pepper, and a beaten egg. Put in buttered individual baking dishes, break an egg on the top of each, sprinkle with salt and pepper and dot with butter, and bake till the eggs are firm.

Spanish Scrambled Eggs

Fry 6 slices of bacon then remove from the pan. To the fat add 1 tb. chopped onion and a chopped green pepper, and cook till the onion is yellow, then 6 beaten eggs, 1 tb. Chili sauce, 1 t. Worcestershire sauce, 1 tb. cream or evaporated milk, salt and pepper to taste. Stir and cook like ordinary scrambled eggs, serve on a platter garnished with the strips of bacon.

MEATS, FISH, ETC.

Apple Rings and Sausage

To make apple rings, cut in rather thick slices after washing, but not paring them. Remove the cores, drop the rings into boiling syrup, and when tender but not broken, remove carefully to a platter to dry. The syrup will probably make a glass of apple jelly, if tart apples are used. Cook the sausages and serve on the rings.

Bacon Delights

Cut the required number of slices of stale bread. Cover each with a thin slice of cheese, or spread with cream cheese. On this place a large slice of ripe tomato, or if not in season, a tablespoonful of tomato sauce. Across the top lay one or two slices of bacon. Put in a flat pan in a hot oven till the bacon is cooked. The bread will be toasted and the cheese melted.

Timbales of Beef

Line buttered small molds, such as custard cups, or one large mold, with spaghetti which has been cooked in boiling salted water. Fill the centre with cooked beef, chopped, well-seasoned with salt, pepper a little chopped cooked onion, celery salt, 1 beaten egg and brown gravy to moisten. Put a layer of spaghetti on top, cover with paper which has been greased, and either steam in a steamer or in a pan of hot water in the oven, for about half an hour. When ready to serve, turn out carefully on a hot platter, decorate with green beans, peas, or tiny hot beets, and serve with it more of the gravy.

Chicken and Almond Bells

Make a cream sauce of 8 tb. flour, 6 tb. butter, 3 c. rich milk, $1\frac{1}{2}$ t. salt, $\frac{3}{8}$ t. pepper, $\frac{3}{8}$ t. celery salt, 1 can chicken broth, the liquid from $1\frac{1}{2}$ four-ounce cans of mushrooms. Add the chopped mushrooms, one and one-half cans of chicken, and one half cup of chopped blanched almonds. Serve hot in patty shells. Decorate the top with canned pimento cut in bell shape. Serve 12-15.

Creamed Liver on Toast

Save any liver which may be left from dinner or supper. It has probably been dipped in flour and cooked in bacon fat. Cut in small dice, heat in a white sauce made of 1 c. of milk, to 2 tb. of flour. No doubt there will be enough fat on the liver from frying, but if not, add 1 tb. of butter to the sauce, and salt and pepper if necessary. Serve hot on toast.

Cheese Croquettes

Butter 3 tb.	Cheese, chopped or
Flour 4 tb.	grated, 1 c or
Milk $\frac{3}{4}$ c.	more
Egg yolks 2.	
Salt and pepper to taste.	

The amount of cheese will depend on the strength and flavor. Make a white sauce of the flour butter and milk, and add the egg yolks, then the cheese and cook over the fire till the cheese melts, and season. Spread in a shallow pan and cool. Cut in any desired shape, dip in crumbs, egg and crumbs, and fry. A tomato sauce or brown gravy may be served with them.

Cheese Fondue

Hot milk 1 c.	Butter 1 tb.
Bread crumbs 1 c.	Eggs 3
Cheese 1 c.	Salt and pepper

Mix the bread crumbs, hot milk, butter and cheese together and season. Add the well-beaten egg-yolks, then fold in the stiffly-beaten whites. Bake in a buttered bake dish for about 20 minutes in a moderate oven.

Cheese Souffle

Make a white sauce of 2 tb. butter, 3 tb. flour, $\frac{1}{2}$ c. scalded milk and salt and pepper. Stir in $\frac{1}{4}$ c. grated well flavored cheese, then remove from the fire. Add the well-beaten yolks of 3 eggs. Cool and fold in the stiffly beaten whites of the eggs. Pour into a buttered bake dish or individual dishes, and bake till set, in a slow oven, which will take 20-30 minutes.

Creamed Fish on Toast

For this, almost any fish may be used, either left-over baked, boiled etc., or some canned fish, as finnan haddie or salmon, or dried freshened codfish. Heat in white sauce and serve on toast.

Chicken Molds

Cook $\frac{1}{2}$ c. rice in 1 c. white stock and $\frac{3}{4}$ c. strained tomato juice, season with salt and pepper, then put in the bottoms of the required number of buttered molds. Cover with finely chopped cooked chicken seasoned and mixed with 1 slightly beaten egg and enough white sauce to moisten it. Cook in a pan of hot water in a moderate oven for 20 minutes. Turn from the molds and serve with a brown sauce, to which mushrooms may be added.

- Chicken or Veal Mousse (For Fifty)

Cold cooked	Onion, grated
chicken 6 c.	Chicken or other
Gelatine 3 tb	soup stock 1½ c.
Celery salt	Thick cream 3 c
Salt and pepper	

Chop the chicken (or cooked veal or cooked ham if preferred), till quite fine. Season the stock with a little grated onion and bring to the boiling point. Add the gelatine soaked in a little cold stock or water, and the meat, season with salt, pepper and celery salt and fold in the stiffly whipped cream. Mold in square or oblong molds, and to serve, cut in blocks put on lettuce leaves and serve with a little salad dressing. If ham is the meat used, add a little made mustard for seasoning.

Chicken a la King

Cut up cooked chicken and heat in a sauce made of chicken stock to which cream is added, and pimento and green pepper cut in tiny strips. Garnish with hard-cooked eggs and parsley.

Chicken Croquettes

Mix chopped cooked chicken with thick white sauce made with milk or chicken stock. Cool, shape, dip in crumbs, egg and crumbs, and fry.

Chicken Pie (For Fifty)

Cook 20 pounds of fowl in 5 quarts of water till tender, cooking one or two carrots and three or four onions with it for flavor. Remove the bones. Thicken and season the gravy, and make baking powder biscuits separately. When ready to serve, put the chicken and gravy on the plates, with a biscuit on top of each serving. The biscuits may be kept warm over hot water.

Fillets of Beef With Mushrooms

Thick steak 1 lb.	Mushrooms $\frac{1}{4}$ lb.
Brown stock $\frac{3}{4}$ c.	or 1 can
Salt and pepper	Dripping
	Salt and pepper

Cut the steak into fillets as uniform in size as possible, and cook till done, then put on a heated serving dish. In the meantime, in another pan, cook the mushrooms in a little dripping. Arrange the mushrooms on top of and around the fillets of beef. Sprinkle 2 tb. flour in the dripping in the pan, and brown it, then add the brown stock, and let boil up while stirring. Add seasonings and pour around the beef and mushrooms.

Fish Soufflé

Use canned salmon or haddie, or some freshly cooked fish as halibut or salmon, using 1 pound of either kind. Mash the fish, season with salt, pepper and a little lemon juice. Fold in either $\frac{1}{4}$ c. thick cream whipped stiff, or $\frac{1}{4}$ c. white sauce, and the stiffly beaten whites of 3 eggs. Put in buttered molds, set in a pan of hot water and cover with buttered paper and bake in a moderate oven 20-25 minutes.

Fish Au Gratin

Cooked fish 2 c.	Parsley, sprig
Milk 2 c.	Onion, sliced, $\frac{1}{2}$
Butter 3 tb.	Bit of bay leaf
Flour 3 tb.	Salt and pepper
Cheese $\frac{1}{4}$ c.	Buttered crumbs

Scald the milk with the onion, parsley and piece of bay leaf, then strain and use with the butter, flour and seasoning to make a white sauce. Flake the fish and arrange in alternate layers with

the sauce in a buttered bake-dish or individual dishes, cover with the crumbs and sprinkle the grated cheese on top, and bake till the crumbs are brown.

Fried Sardines

Drain the sardines, pour boiling water over them to remove the oil, then skin them. Dip in a batter made of 1-1/3 c. flour, 2 t. baking powder, 1/4 t. salt sifted together, 2/3 c. milk, and 1 beaten egg slowly added. Beat well. Fry in deep fat and drain on brown paper. Serve hot with any sauce suitable for fish, such as Tartar or tomato.

Tartar Sauce:—Mix together in a bowl 1 tb. vinegar, 1 tb. lemon juice, 1 tb. Worcestershire sauce, a little salt. Set the bowl in hot water till heated, then strain in 4 tb. melted butter.

Ham Hash with Poached Eggs

Chop cooked ham rather coarsely, mix with chopped cooked potatoes, season, and moisten with stock or water. Heat either in the oven or on top of the stove, divide into servings, and lift with a pan-cake turner to a hot platter or to individual hot plates, and on each place carefully a poached egg.

Corned beef hash may be served in the same way.

Ham Molds with Potato Salad

Dissolve 1 tb. gelatine in 1/4 c. cold water, then add 1 c. hot soup stock which may be made of water and beef extract or a beef cube, if no other is available. Season. Add 1 c. minced cooked ham, and 1/4 c. or less of chopped pickle or of pickle and chopped olives

mixed, and 3tb. salad dressing when the gelatine begins to thicken. Chill in individual molds and serve on a bed of lettuce with potato salad. Garnish with radishes or tomatoes or cucumbers.

"Horns of Plenty"

Cut large thin slices of cooked ham in triangles, roll into cornucopia shapes and fasten with a tooth-pick. Fill each with a vegetable salad and lay on lettuce. In the dressing use considerable mustard, or add 1 t. horse radish to 1 c. of dressing.

Ham and Rice Ramekins

Chopped cooked ham 1 c.	Butter 2 tb.
Cooked rice 2 c.	Minced onion 1 tb.
Tomato juice 1½ c.	Flour 1 tb.
	Salt and pepper

Make a sauce of the butter with the onion cooked in it, the flour and tomato juice, and season well. Put the rice in the required number of individual buttered dishes, cover with the minced ham, then with the tomato sauce, and brown in the oven. Sprinkle with minced parsley.

Italian Macaroni

Chopped beef ½ lb.	Macaroni ½ lb.
Onions 2	Grated cheese ½-1 c.
Tomato 2 c.	Salt and pepper
Mushrooms 1 small can	

Cook the macaroni in boiling salted water. Brown the beef in bacon fat, add the onions sliced, and cooked till browned. Add the tomato and mushrooms if they are used, and simmer till real well cooked. Add more water if needed. Put alternate layers of macaroni, sauce and cheese in a bake dish, and bake for half an hour.

Minced Meat on Toast

Put cooked meat through the chopper, moisten well with gravy, or if there is enough fat in the meat, with water and a little flour for thickening, season with salt and pepper and serve on hot toast. Beef, veal, lamb, or chicken are all very good served this way, or any of them mixed with a little lean left-over roast pork.

Meat Cakes

Either fresh or cooked meat may be used. Chop it quite fine, if very lean adding a little chopped bacon or fat salt pork. Season well and add a beaten egg to bind it together. Form it into flat cakes and cook either in the oven or on top of the stove, in the frying pan.

Minced Chicken on Toast

Cut left-over chicken in small pieces and add to gravy made from the stock obtained by simmering the bones, or to white sauce. Serve on toast or on biscuits, heated and split in halves.

Mexican Meat Pie

Ham $\frac{1}{2}$ lb.	Chopped Celery 1 t.
Veal $\frac{1}{2}$ lb.	Bay leaf $\frac{1}{4}$
Flour 2 t.	Whole clove 1
Fat 1 t.	Salt $\frac{1}{2}$ t.

Onion 1	Mace a few grains
Sweet red pepper ½	Pepper a few grains
Tomato 1 c.	Boiled rice 1 c.

Cut the ham in small pieces, roll in the flour and brown in the fat. Remove the meat from the pan, put in the chopped onion, red pepper, tomatoes and seasonings and cook 5 minutes, not letting it brown. Add the meat and put in a baking dish, cover with the boiled rice and bake in a moderate oven 50 minutes.

Mutton Rissoles

Chop cooked mutton (or other meat) season with salt and pepper, and a little chopped onion cooked in the frying pan in a little butter or dripping, till soft and yellow. Moisten with gravy or soup stock, but do not have it sloppy. Roll pie crust to ¼ inch thickness, or a little less, cut in rounds about 3 inches in diameter, put a spoonful of the meat mixture on top, turn one-half over the other like a turnover, moisten one edge with cold water and pinch the edges together. Brush with a beaten egg diluted with 1 tb. water. Fry till golden brown in deep fat, drain on brown paper and serve hot, garnished with parsley, and if wished, served with gravy or brown sauce.

Oysters With Peppers

Green peppers 2	Oysters & liquor 1 c.
Onion 1	Butter 2 tb.
Water ½ c.	Salt and pepper

Remove the seeds and membrane from the peppers, wash and cut in half inch squares. Cook in boiling salted water till tender, then drain. Add the cleaned oysters and their liquor

and cook till the oysters begin to curl on the edges, then the butter, salt and pepper, and if not moist enough, a spoonful or two of cream. Serve very hot on buttered toast.

Oysters and Macaroni

In buttered baking dishes, put a layer of cooked macaroni, cover with a layer of oysters which have been picked over, season well with salt and pepper and dots of butter. Cover with another layer of macaroni, then with buttered crumbs. Pour gently over it milk to cover and bake in a moderate oven half an hour.

Oyster Rarebit

Oysters 1 c.	Butter 2 tb.
Cheese, grated 1 c.	Milk 1 tb.
Eggs 2	Salt and pepper

Pick over the oysters, strain the liquor and heat to the boiling point. Add the oysters and heat till the edges curl, then strain from the juice, reserving it. Melt the butter, add the cheese and as soon as it melts, the oyster liquor and milk, then the beaten eggs. Cook over hot water till the eggs are done, season and add the oysters. When heated through, serve in croustades.

Platter Savory

Cover a platter with squares of hot toast. Over it pour a rich hot white sauce. Around the edge arrange a border of crisp little sausages. On top of the toast put bacon curls alternated with over-lapping slices of hot hard-cooked eggs.

Quenelles of Chicken

Chicken, raw, 1 lb.	Butter 1 tb.
Salt and pepper	Flour 1 tb.
Egg 1	Stock $\frac{1}{2}$ c.
Cooked or canned peas	

Chop the meat, then pound till very fine. Make a sauce of the flour, butter and stock and when cool add the chicken, seasonings and egg. Beat and pound till well mixed and very fine. Form into quenelles which are either round balls or ovals, made by shaping with 2 spoons. Drop into a kettle of boiling water or stock, carefully and poach for 12 minutes. They should be firm when cooked. Skim out of the liquid, drain and arrange on a serving dish. Cover with good white sauce, and garnish with green peas.

Rice Timbales

In the above timbales, use boiled rice to line the molds in place of spaghetti.

Rice and Tomato Croquettes

In a double boiler cook $\frac{1}{2}$ c. of rice in $\frac{3}{4}$ c. of soup stock till the rice is tender and the stock absorbed. Add 2 c. of tomatoes which have been cooked 15-20 minutes with 2 slices of onion, a small carrot, a sprig of parsley and a few peppercorns and 1 t. sugar, then rubbed through a strainer. Add 1 slightly beaten egg, $\frac{1}{4}$ c. grated cheese, 1 tb. butter, and salt and pepper. Mix well and spread on a plate to cool. Shape in cones, flat cakes, cutlet shape, or cylinders, dip in crumbs, egg and crumbs, and fry in deep fat.

Rice and Fish Croquettes

Mix together 1 c. cooked rice, 1 beaten egg and $\frac{1}{2}$ - $\frac{3}{4}$ c. flaked cooked or canned fish, form into croquettes, and bake in the oven, saute or fry.

Rissole Fillings

Chopped cooked veal moistened with gravy. Chopped cooked veal with boiled ham, and gravy, or stock. Chopped roast lamb with well-seasoned sauce. Cheese mixture made by melting 2 tb. butter, adding $\frac{1}{2}$ c. milk, 1 tb. heavy cream, 1 slightly beaten egg yolk, $\frac{1}{4}$ c. grated or chopped cheese, salt and pepper. Cook till thick, and cool. Chopped cold cooked chicken with thick white sauce or chicken stock. Chopped cooked ham moistened with stock. Rissoles may be baked instead of fried in deep fat, if wished.

Sardines on Toast

Toast and butter slices of bread. On each hot slice arrange a few sardines. Squeeze a little lemon juice over them if wished.

Sausages

Put link sausages in a frying pan, pour boiling water over them and let boil for a moment or two, and then cook till the sausages are brown, either in a hot oven, or on top of the stove. The few moment's boiling insures the sausage being cooked through properly.

Sausages with Yorkshire Pudding

Milk 1 c.

Eggs 2.

Flour 1 c.

Salt $\frac{1}{4}$ t.

Put the milk into a bowl and sift into it the flour and salt, then fold in

the very well-beaten eggs, and beat well. In the meantime, open a can of sausages and put in a flat dripping pan to melt the fat. Skim out the sausages, have the pan and the fat hot, pour in the batter, then arrange the sausages on top of it. Bake for 20-25 minutes in a hot oven, cut into servings and serve at once.

Sausage Savory

Cook a few sausages in the frying pan. When done, cut in small pieces. Cook in the fat, an onion and a green pepper, chopped. Add 2 c. cooked macaroni or spaghetti, the sausage, and a can of tomato soup, or two c. of tomato sauce. Stir gently till well heated. One cup of cooked kidney beans or baked beans may be added if wished.

Scalloped Ham and Potatoes

A-one-pound slice of ham	Salt if needed Potatoes 1 qt.
Onions, small 2	Butter 2 tb.
Pepper	Flour 2 tb.
	Milk 2 c.

Cut the ham into servings. Peel and slice the potatoes, and let stand in cold water for an hour or more. Drain and dry on a towel. Make a white sauce of the milk, flour, and butter. Put in a greased bake dish, 1/3 of the potatoes, sprinkle with pepper and half of the minced onion, then half of the ham, then another third of the potatoes, the rest of the onion and ham. Cover with the remaining potato, pour over it the white sauce and bake for an hour, covering for the first three-fourths of the hour, removing the cover to brown the potato.

Sausages With Rice

Make a batter of the consistency of pancakes of:—

Rice, boiled 1 c. Shortening 1 t.
Flour 1 c. Salt $1\frac{1}{2}$ t.
Baking powder 2 t. Milk about 1- $1\frac{1}{2}$ c.
Sugar 1 t.

Cook like pancakes on a hot greased griddle, lay on each a hot sausage, roll and fasten with a tooth-pick, and serve hot.

Salmon Croquettes

Mix canned or cooked salmon with half as much thick white sauce (made with 4 tb. flour to 1 c. milk), or with an equal amount of hot mashed potato. Season with salt and pepper, shape, dip in crumbs, egg and crumbs, and fry in deep fat.

Salmon Timbales

Make like beef timbales, using flaked and moistened salmon for the filling.

Veal and ham, cooked and chopped, or chicken with white sauce or chicken stock, make equally good fillings.

Sweetbread Ramekins

Clean and parboil a sweetbread and cut in dice. Add to it 1 c. diced cooked chicken or veal, or veal or chicken with a little stewed celery cut in inch pieces. Make a sauce of 2 tb. butter, 3 tb. flour, $1\frac{1}{4}$ c. chicken or veal stock, salt and pepper and a few drops of lemon juice. Add 2 tb. of cream and the meat. Put in ramekin dishes, cover with buttered crumbs and brown in the oven.

Scallop of Ham and Eggs

Minced cooked ham Chopped hard cooked
 $1\frac{1}{2}$ c. eggs 4

Buttered crumbs $\frac{3}{4}$ c. White sauce 1 c.

In a buttered bake dish put a layer of crumbs, then of ham, white sauce,

sprinkle with paprika, then a layer of coarsely chopped eggs; alternate the layers of ham, sauce and egg till all are used. Put a layer of crumbs on top, dot with butter and brown in oven.

Scalloped Finnan Haddie

Finnan haddie, $1\frac{1}{2}$ lbs. or 1 can	Milk 2 c.
Butter 4 tb.	Hard-cooked eggs 4
Flour 4 tb.	Salt and pepper
	Dried crumbs $\frac{1}{2}$ c.

Put the fish in cold water, bring to a boil and simmer 20 minutes, remove the skin and bones and flake, or use the canned finnan haddie. Make a white sauce of the milk, butter and flour. Slice the hard-cooked eggs and arrange in alternate layers in a bake dish with the fish and sauce. Cover the top with buttered crumbs and brown in the oven.

Savory Oysters

Oysters $1\frac{1}{2}$ c.	Brown stock
Butter 4 tb.	Worcestershire sauce
Flour 4 tb.	Salt and pepper

Pick over the oysters, cook in the liquor till the edges begin to curl, then drain. To the oyster liquor add enough brown stock to make $1\frac{1}{2}$ c. of liquid. From it and the flour and butter, make a sauce, season with the Worcestershire sauce and salt and pepper, heat the oysters in it and serve in croustades.

Veal Fritters

Make a batter of $1\frac{1}{3}$ c. flour, 2 t. baking powder, $\frac{1}{4}$ t. salt, $\frac{2}{3}$ c. milk, and 1 egg.

Mince some cooked veal, and, if available, a slice of cooked ham. Add salt and pepper, and onion chopped and cooked in a little butter or dripping, and enough thick white sauce to bind it

together. Cool, form into cylinders. Dip each one in batter, fry in hot fat till golden brown.

Veal Croquettes

Chopped cooked	Thick white sauce 1 c
veal 2 c.	Chopped onion 1 t.
Salt and pepper	Yolk of 1 egg

Mix the ingredients, cool and shape. Either fry in deep fat, cook in the oven or saute in the frying-pan.

Veal and Chicken Patties

Cooked diced	Salt 2 t.
veal 4 c.	Stock 1 c.
Cooked diced	Eggs 4.
chicken 2 c.	Cayenne a speck.
Fine bread	Lemon juice 4 t.
crumbs 6 tb.	Tomato catsup 4 t.

Pastry cases 25.

Combine the dry ingredients with the lemon juice and catsup. Heat in the double boiler. Stir in the well-beaten eggs. A cup of diced celery, green peas, chopped mushrooms or $\frac{1}{4}$ c. finely diced sweet red peppers may be added for additional flavor. Serve hot in pastry cases on a lettuce leaf or cress. Garnish with strips of red or green pepper or bright jelly.

PASTRY, PIES, TARTS, ETC.

Cocoanut Tartlets

Line muffin or patty pans with pastry, in each put a layer of jam, then fill with a mixture made by creaming $\frac{1}{4}$ c. butter, $\frac{1}{2}$ c. sugar, a well beaten egg, 1 c. grated cocoanut, $\frac{1}{2}$ t. baking powder. Bake.

Cream Rolls

Roll puff paste very thin, $\frac{1}{8}$ inch, cut in strips $\frac{3}{4}$ inch wide. Roll around sticks, wooden, about as thick as a broom handle, having the edges of the paste overlap, and having each roll about 3 or 4 inches long. Bake till puffed and beginning to brown, brush over with white of 1 egg slightly beaten, to which has been added 1 t. of water, sprinkle with granulated sugar and return to the oven to finish browning. When baked, slip off the wooden forms, and when ready to serve, fill with either cream filling or whipped cream with sugar and vanilla added.

Cheese Cakes

Line patty pans with pastry, fill with the following mixture, sprinkle the tops with 4 tb. of blanched and chopped almonds, and bake till the pastry is browned and the filling firm:—

Scald together 1 c. sweet milk and 1 c. sour milk, and strain through a piece of cheesecloth. To the curd add 1 c. sugar, the slightly beaten yolks of 4 eggs, or two whole eggs, and $\frac{1}{2}$ t. salt and flavor with the grated rind and juice of 1 lemon, and stir well.

Cocoanut Flakes

Roll puff or flaky paste to $\frac{1}{4}$ -inch thickness. Cut in fancy shape and bake. When nearly done remove from the oven, brush with the beaten white of an egg, sprinkle with cocoanut, and return to the oven to finish baking. Or, complete the baking, spread with a very little thin white frosting, just enough to hold the cocoanut—then add the cocoanut, if it is wished to have the white effect rather than the toasted crisp cocoanut.

Cheese Straws

Roll paste $\frac{1}{4}$ -inch thick—sprinkle half of it with grated cheese, salt and paprika. Fold the other half over it, press and roll. Repeat the process twice. Cut in strips $\frac{1}{4}$ -inch wide, and 4 or 5 inches long. Bake in a hot oven, and to serve, either pile up on a plate, or bake rings of pastry, through which about three straws are put, for each serving.

Caramel Pie

Brown sugar $\frac{1}{2}$ c.	Salt $\frac{1}{4}$ t.
Milk 2 c.	Soda $\frac{1}{2}$ t.
Cornstarch $1\frac{1}{2}$ tb.	Butter 2 tb.
Eggs 2 or 3	Vanilla 1 t.

Caramelize the sugar, add the milk, scalded, and with the soda dissolved in it, and cook till the sugar is dissolved, mix the cornstarch with a little cold water, and add, and cook till thick. Pour on the beaten yolks of eggs, and return to the double boiler, and cook till it coats the spoon, stirring constantly. Add the butter and salt, cool, add the vanilla, put in a baked shell, and cover with a meringue made of the egg whites, sweetened, and brown in a cool oven.

Chocolate Pie

Heat 1 c. milk and 2 squares of grated chocolate, add to it 1 tb. flour in a little cold milk, and $\frac{3}{4}$ c. sugar, and $\frac{1}{4}$ t. salt. Cook over hot water for 10 or 15 minutes. Add the beaten yolks of 2 eggs, and cook till the eggs are done, add 1 t. butter, cool slightly, and flavor with 1 t. vanilla. Pour into a baked pie shell, and pile whipped cream on top. The amount of chocolate may be varied, and also the flour, according to the degree of stiffness wished.

Dessert Baskets

Bake tarts in individual pans, use any filling and decoration wished, and add handles made by cutting thin sheets of paste in $\frac{1}{4}$ -inch strips and about 5 inches long, then baking on round cans laid on their sides, to form the handles in the correct shape. Quarter-pound baking powder cans are a good size and shape. A handle may be stuck in each filled tartlet when ready to serve.

Date Nut Pie

Dates 1 pkg	Flour 1 tb.
Broken nut	Eggs 3
meats $\frac{1}{2}$ c.	Vanilla 1 t.

Chop the dates, mix with the finely broken nut meats, the flour, vanilla and beaten yolks of eggs. Fold in the stiffly beaten egg whites, and pour into a plate lined with pastry, and bake. Serve with whipped cream on top.

This is a very rich, somewhat expensive pie, which would be nice for special occasions.

Jam Cream Pie

Line a pie plate with pastry and bake it partly. Beat 2 eggs, add 1 c.

milk, 2 tb. sugar, $\frac{1}{4}$ t. salt, pour into the partially cooked shell and bake till a silver knife comes out clean. Cool, spread with a layer of jam, such as peach, raspberry, strawberry, gooseberry and cover with whipped cream, sweetened.

Lemon Sponge Pie

Cream 2 tb. flour, 1 tb. butter, 1 c. sugar, add 2 beaten egg yolks, the rind and juice of 1 lemon, beating well, then 1 c. milk, and fold in the stiffly beaten whites of the eggs, and pour into a plate lined with pastry, and bake.

Lemon Apple Pie

In the double boiler, cook 1 c. sugar, 1 tb. flour, 2 egg yolks, the grated rind of a lemon, and 1 c. water, till thick. Add 1 tb. butter and the juice of half a lemon, and 1 c. of mashed apple-sauce, and fold in about one-third or half of the stiffly beaten egg whites. If the apple-sauce has been sweetened, less sugar will be required in the lemon mixture. Put in a baked pastry shell, and cover with the remaining egg whites, sweetened with 2 tb. of sugar, and brown.

Lemon Pineapple Pie

In the recipe for "Lemon Apple Pie" substitute crushed pineapple for the apple sauce.

Lemon Pie

Boil till clear, $\frac{3}{4}$ c. sugar, 1 c. water, 2 tb. flour, pour on the beaten yolks of 3 eggs, return to the double boiler and cook till thick. Add 1 tb. butter, 4 tb. lemon juice, and a little grated

rind. Cool and put in a baked pie shell, and cover with a meringue made of the egg whites.

Mock Mince Pie

Soda biscuits,	Lemon juice or
rolled 2	vinegar 3 tb.
Sugar $\frac{3}{4}$ c.	Raisins or raisins
Golden syrup or	and currants
corn-syrup $\frac{1}{2}$ c.	mixed $\frac{3}{4}$ c.
Softened butter $\frac{1}{4}$ c.	Egg well beaten 1
	Spices to taste

Mix all together well, and bake between two crusts.

Mock Cherry Pie

Cranberries 1 c.	Sugar $\frac{3}{4}$ c.
Raisins $\frac{1}{2}$ c.	Flour $1\frac{1}{2}$ tb.
Water $\frac{1}{4}$ c.	Butter

Cut the cranberries in halves, cut the raisins in pieces. Mix the sugar and flour and with the water, stir into the fruit. Dot over with butter, and bake either between two crusts or with a lattice work of pastry on top.

Napoleons

Bake pastry in three thin sheets, using either flaky or puff paste. Prick all over with a fork before baking. Put together in three layers with cream filling between, sprinkle the top with powdered sugar and cut in pieces about 4 inches long and 2 or $2\frac{1}{2}$ inches wide.

Oriental Puffs

Roll puff paste or flaky paste quite thin, cut in squares about $2\frac{1}{2}$ inches to a side, wet the corners, fold to the centre and press down. Bake, and when cool, flatten a hole in the centre by pressing with the finger. Fill with jelly.

Orange Pie

Use the recipe for lemon pie, substituting the juice of 2 oranges for an equal amount of water, and adding the rind of $\frac{1}{2}$ orange in place of the lemon rind. Use 1tb. of lemon juice in place of 4.

Plain Paste I

Flour 2 c. Cold water to
Salt $\frac{2}{3}$ t. moisten
Shortening $\frac{2}{3}$ c.

Plain Paste II

Flour $1\frac{1}{2}$ c. Butter $\frac{1}{4}$ c.
Salt $\frac{1}{2}$ t. Lard $\frac{1}{4}$ c.
Cold water.

Puff Paste

Butter 1 lb. Flour 1 lb.
Cold water.

Wash the butter to remove the salt and buttermilk, by scalding and cooling in an earthenware bowl. Put in the butter and work with the hands, in cold water till the butter is waxy. Change the water several times if impossible to do it under running water. Pat and fold the butter over till all water is worked out. Form into a little flat pat; 2 or 3 tb. of it may be worked into the flour. Moisten the flour to a dough with cold water, turn on the board and knead for a few minutes. Cover with a clean cloth and let stand for about five minutes. Pat and roll to $\frac{1}{4}$ inch, keeping the sheet of dough oblong with the corners as square as possible. Place the pat of butter in the middle of one half. Fold the other half over it, pressing the edges to enclose air. Fold the right third over

the butter, the left third under it. Turn the paste half way round, cover with the cloth, and let stand five minutes. Roll till $\frac{1}{4}$ inch thick, taking care to keep enough flour on the board to prevent sticking, and keeping the shape oblong. Fold one-third to the top, the other third underneath, having three thicknesses again. Cover and let stand five minutes, turn half way round and again roll to $\frac{1}{4}$ inch thickness. Repeat twice more. Fold the ends to the centre, then double, having four thicknesses, wrap in the cloth and chill thoroughly. Roll out, shape and chill again. Bake in a hot oven on a pan with two thicknesses of brown paper. Frequent turning is often needed. When well puffed, it is wise to slip another pan under the one in which the shells are baking, to prevent scorching on the bottom.

Patty Shells

Roll the paste to $\frac{1}{4}$ inch, cut out with a round cutter, and with a small cutter, remove the centres from half of them. Fit those with centres removed, on the others, first brushing the lower circles near the edges, with cold water, so that the two will stick together. Press lightly together and chill, and bake on brown paper on a pan or cooky sheet. If they are to be used for a hot creamed filling such as turkey, chicken, oysters, etc., the small pieces cut from the centres may also be baked and used as covers. Or may be rolled out and used with the pastry trimmings. For tarts, fill the baked shells with jam or jelly or a cooked filling such as lemon honey.

Pineapple Meringue Pie

Make a custard by cooking in the double boiler, $\frac{1}{2}$ c. sugar, $\frac{1}{8}$ t. salt, 2 tb. cornstarch and $1\frac{1}{2}$ c. hot milk, for 30-45 minutes, pour on 2 beaten egg yolks, and return to the double boiler to cook the egg. Cool and add 1 c. crushed, drained pineapple, put in a baked pie shell, and cover with a meringue of the sweetened egg whites, stiffly beaten.

Pineapple Pie II

When making an apple pie, use half apples and half grated or crushed pineapple. Select apples which mash when cooked.

Pumpkin Pie

Pumpkin $1\frac{1}{2}$ c.	Ginger $\frac{1}{2}$ t.
Brown sugar $\frac{2}{3}$ c.	Cinnamon 1 t.
Eggs 2	Salt $\frac{1}{2}$ t.
Molasses 2 t.	Rich milk 2 c.

Mix and bake in 1 crust.

Pumpkin pie is delicious if served with whipped cream, ice cream, a spoonful of strained honey on each serving, or with grated cheese put on the top and set in the oven long enough to melt the cheese. Either canned or fresh pumpkin may be used; the latter steamed and mashed or strained through a potato ricer or a sieve.

Sour Cream Pie

Raisins 1 c.	Sour cream 1 c.
Sugar $\frac{1}{2}$ c.	Egg yolks 2
Flour 2 tb.	Cloves, ground 1 t.
Salt $\frac{1}{4}$ t.	Cinnamon $\frac{1}{2}$ t.
Nutmeg $\frac{1}{4}$ t.	

Mix the sugar, flour, salt and spices. The latter may be varied to suit the taste. Beat the egg yolks and add to

the cream; stir in the raisins and the dry ingredients, and pour into a plate lined with pastry, and bake, putting a meringue of the egg whites on top, and browning in a slow oven.

This, too, is a very rich pie, but is delicious.

Turnovers

Bake pastry on muffin tins and fill with fruit, cooked fillings, etc.

Cut the paste in squares, put a spoonful of jelly or jam in the centre, fold over into triangles, pinch down the edges, chill and bake. Circles, and other shapes may be used if liked.

Tartlets

Timbales

Flour $\frac{3}{4}$ c	Sugar 1 t
Salt $\frac{1}{2}$ t	Milk $\frac{1}{2}$ c
Oil or butter 1 tb.	Egg 1

Sift the dry ingredients, gradually add the egg, slightly beaten, mixed with milk, then the melted butter or frying oil. Beat well.

Heat the frying fat, such as lard, crisco etc., in a deep kettle. Let the timbale iron rest in it till hot. Have the fat of the temperature for doughnuts, etc. Remove the iron from the kettle, shake off all the fat which will drop from it, and lower into the batter, which has been placed in a cup or rather deep little bowl, till the batter covers the iron to $\frac{3}{4}$ of its depth. If the iron is of the right temperature the batter will stick to it. Lower at once into the hot fat, cook till crisp and brown, when it can be easily slipped off the iron, to drain on brown paper. If the batter covers the iron to too great

a depth, it will rise above the top of the iron while cooking, and will be very difficult to remove. If the cases are soft and do not crisp, a little milk should be added to the batter, which is too thick. If the batter will not adhere to the iron, it is either too hot or too cool. The cases may be cooked very quickly even though only one may be cooked at a time. Fill with fresh fruit sprinkled with powdered sugar, creamed meats, or fish, vegetables, or with a dessert of some kind. They may be made some days before needed, then if a little soft, may be crisped in the oven for a few moments.

PICKLES

Chow-Chow

Green tomatoes	Cucumbers, sliced
1 qt.	2 qts.
Cabbage, small 1	Mustard 6 tb.
Cauliflower 2	Turmeric 1 tb.
Red peppers 2	Flour 1 c.
Celery 1 bunch	Celery seed 1 t.
Mustard seed 1 t.	Small white
Vinegar 2 qts.	onions 3 pts.
	Brown sugar 2 c.

Mixed spices, ground, or oils.

Slice the cucumbers, cut the other vegetables into pieces of fairly uniform size, but not too small. Soak for 24 hours in a brine made of 1 c. salt to 1 gallon water. Bring to boiling point in the brine, then drain. Make a paste of the flour, mustard, vinegar, etc., cook till thick, add the vegetables, and spice to taste, cook 5 or 10 minutes and seal hot.

Chopped Pickle

Green tomatoes	Vinegar 3 qts.
3 qts.	Onions 3 large
Ripe tomatoes 1 qt.	Red peppers 3
Celery 3 bunches	Green peppers 3
Brown sugar 2 lbs.	Mustard 1 t.
Salt 1 c.	Pepper 1 t.
Water 4 qts.	Ground spices 1 t.

Put through the chopper all the vegetables but the ripe tomatoes, cover with a brine made of salt and water, and let stand over-night, then drain. Add the chopped ripe tomatoes, and a syrup made of the vinegar, sugar and spices. Seal hot, after cooking 15-20 minutes.

Green Tomato Pickle

Cauliflower 2	Salt $\frac{3}{4}$ c.
Green peppers 3	Brown sugar 2 lbs.
Vinegar 2 qts.	Onions, medium
Green tomatoes 1 pk.	1 doz.
Celery 1 bunch	Whole spices $\frac{1}{2}$ c.

Slice the tomatoes, peel and slice the onions, separate the cauliflower into flowerets, chop the peppers after removing the seeds and membrane, dice the celery. Put into a large granite kettle sprinkling with salt. Let stand overnight, then drain well. Add 1 qt. vinegar, and 2 qts. water, and after the boiling point is reached, cook 15 minutes and drain. Make a syrup by boiling together the other quart of vinegar, the sugar and spices, for 5 minutes. Add the tomato mixture, cook a few minutes longer and seal hot.

Peach Chutney

Peaches 4 lbs.	Chili powder 2 tb.
Vinegar 1 qt.	Seeded raisins $\frac{1}{2}$ lb.
Onion 1	Mustard seed 3 tb.
Brown sugar 3 c.	Candied ginger $\frac{1}{4}$ c.
Salt 4 tb.	

Cut the peaches after peeling into small pieces and simmer in half of the vinegar till soft. Chop the onion and ginger, add the sugar, other pint of vinegar, raisins and seasoning, and cook till thick, stirring frequently. Seal in pint jars.

Pickled Green Tomatoes

Green tomatoes	Salt 1 c.
1 pk.	Vinegar 1 qt.
Peppers 6	Brown sugar 4 c.
Onions 6	Cinnamon 2 t.
Cloves 1 t.	

Slice the tomatoes and onions, chop the peppers, sprinkle with the salt and let stand over-night. Drain and cook in a syrup made of the vinegar and sugar and spices.

Pickled Onions

Peel tiny white onions and cover with a brine made of $1\frac{1}{2}$ c. salt and 2 qts. boiling water and let stand 2 days. Drain and let stand 2 days longer in fresh brine. Drain and make fresh brine, heat to the boiling point, add the onions and cook 5 minutes. Pack in jars, putting with the onions for decoration bits of mace, bay leaf, peppercorns, and little red peppers. Fill with scalding vinegar, with 1 c. sugar to each gallon of vinegar. Seal.

Sour Gherkins

Select 100 tiny prickly cucumbers of uniform size. Cover with cold water for an hour or so. Carefully lift out of the water; the dirt will have settled at the bottom of the vessel. Cover with a weak brine made of enough water to cover and 1 c. salt. Cover and let stand 48 hours. Drain and cover with a solution of enough vinegar to cover the pickles, 4 chopped green peppers, 1 large chopped onion, $\frac{1}{2}$ c. salt, 1 dozen allspice, 1 dozen peppercorns, 3 or 4 sticks of cinnamon, 3 or 4 blades mace, 1 oz. mustard seed, 1 or 2 bay leaves. Heat to just below boiling point, and pour over the cucumbers. Let stand for at least 6 weeks before using.

PUDDINGS, DESSERTS, ETC.

Apricot Meringue

Pulp of stewed Egg whites 3
apricots 1 c. Sugar 3 tb.

Beat the egg whites till stiff, fold in the pulp and sugar, pile in serving dishes and chill.

Apricot Rice Pudding

Cooked rice 1 c. Cooked apricots 1 c.
Hot milk 1 c. Sugar $\frac{1}{4}$ c.
Egg 1 Flour $1\frac{1}{2}$ tb.

Mix the flour, sugar and rice, and stir into it the milk mixed with the beaten egg, then add the apricots, and bake till firm in a buttered bake-dish.

Apricot Trifle

Put a layer of stale, plain uniced cake in the bottom of a glass dish, on it a layer of stewed apricots, then another layer of cake. Pour over it boiled custard.

Baked Bananas

Bananas may be baked either in the skins, or peeled. To bake them in the skins, put in a shallow covered dish and bake till the skins are quite dark in color. Remove the skins, sprinkle with sugar, and if liked with a few drops of lemon juice and serve hot.

Or, remove the skins, cut the bananas in halves lengthwise, place on a flat bake dish, and bake 15 or 20 minutes, basting with a mixture of melted butter, 2 tb. sugar 4 tb. and a little lemon juice.

Cocoa Fruit Ice Cream

Cocoa (dry) $\frac{1}{2}$ c.	Milk 2 c.
Sugar 1 c.	Cream 2 c.
Flour $1\frac{1}{2}$ tb.	Fruit juice 1 c.
Eggs 2	Salt $\frac{1}{4}$ t.

Mix the flour, cocoa, sugar and salt, pour on slowly the scalded milk, return to the double boiler, and cook over hot water 15 or 20 minutes. Add the well-beaten eggs and cool, fold in the cream which may be whipped if one wishes, 1 t. of vanilla, and the fruit juice which may be canned raspberries or strawberries. Freeze and serve with marsh-mallow sauce.

Basic Recipe for Baked Custards

Scalded milk 1 c.	Sugar 2 tb.
Egg 1	Salt a speck
	Flavoring

Variations

Coffee Custard—Scald the milk with 1 tb. ground coffee, strain into the beaten eggs, and proceed as for caramel custard, using vanilla as the flavoring.

Chocolate Custard—Dissolve 1 t. or more, cocoa or chocolate in the scalded milk, and flavor with vanilla.

Fruited Custard—In the bottom of the buttered custard cups, put a spoonful or two of stewed apricots, prunes, canned peaches or berries, cut up oranges or bananas, etc., and pour the custard mixture over it to bake.

Boiled custard may be poured over stewed or canned or fresh fruits, or rather dry milk puddings, or steamed or baked puddings.

Caramel Custard

Salt $\frac{1}{2}$ t.	Scalded milk 4 c.
Vanilla 1 t.	Eggs 4
	Sugar $\frac{1}{2}$ c.

Put the sugar in an omelet pan, stir constantly till melted, add the milk gradually, being careful that it does not bubble over. When the sugar has melted, pour on the eggs slightly beaten, add the salt and vanilla, then strain into buttered mold or cups. Set in a pan of hot water and bake till a silver knife inserted in the custard comes out clean.

Chocolate Cream

Scalded milk 2 c.	Sugar $\frac{1}{4}$ c.
Cold milk $\frac{1}{4}$ c.	Cocoa 2 tb.
Cornstarch 3 tb.	Hot water 1 tb.
Salt a speck	Egg whites 2
Vanilla $\frac{3}{4}$ t.	

Mix the cornstarch, sugar, and salt with the cold milk, add the cocoa dissolved in the hot water, to the scalded milk, then add the cornstarch mixture and cook over hot water for half an hour. Fold in the stiffly beaten egg whites and vanilla, and mold. Serve with cream.

Carrot Pudding

Raw carrot,	Sugar 1 c.
grated 1 c.	Currants $\frac{1}{2}$ c.
Flour 1 c.	Spices $1\frac{1}{2}$ t.
Raisins $\frac{1}{2}$ c.	Soda 1 t.
Raw potatoes 1 c.	Butter $\frac{1}{2}$ c.

Sift the flour, soda and spices, cream the sugar and butter, mix a little of the flour with the fruit, combine the ingredients and steam 3 hours.

Carrot Suet Pudding

Raw carrots	Soda 1 t.
grated 1 c.	Raisins 1 c.
Raw potatoes 1 c.	Currants 1 c.
Brown sugar 1 c.	Spices $1-1\frac{1}{2}$ t.
Flour $1\frac{1}{2}$ c.	Chopped suet 1 c.
Salt $\frac{1}{2}$ t.	

Mix and steam as above.

Date Pudding

Eggs 3.	Dates 1 lb.
Sugar 1 c.	Cinnamon $\frac{1}{2}$ t.
Bread crumbs 1 c.	Salt $\frac{1}{2}$ t.
Flour about $\frac{1}{2}$ c.	Walnut meats
Milk $\frac{1}{2}$ c.	1 c. or less.
Suet chopped $\frac{1}{4}$ lb.	Baking powder 1 t.

Soak the crumbs in the milk. Dredge the dates with a little flour. Steam 3 hours.

Date Pudding II

Molasses $\frac{1}{2}$ c.	Salt $\frac{1}{2}$ t.
Butter 6 tb.	Spices 1 t.
Brown sugar $\frac{1}{2}$ c.	Flour 2 c.
Sour milk 1 c.	Baking powder 2 t.
Dates 1 lb.	Soda $\frac{1}{2}$ t.

Steam $2\frac{1}{2}$ -3 hours.

English Plum Pudding

Stale bread	Candied peel 2 oz.
crumbs $\frac{1}{2}$ lb.	Suet $\frac{1}{2}$ lb.
Hot milk 1 c.	Fruit juice $\frac{1}{4}$ c.
Sugar $\frac{1}{2}$ c.	Cinnamon $\frac{3}{4}$ t.
Eggs 4	Nutmeg $\frac{1}{2}$ t.
Raisins $\frac{1}{2}$ lb.	Clove $\frac{1}{4}$ t.
Currants $\frac{1}{4}$ lb.	Mace $\frac{1}{4}$ t.
Figs $\frac{1}{4}$ lb.	Salt $1\frac{1}{2}$ t.

Soak the bread crumbs in the hot milk and cool. Add the sugar mixed with the spices, varied if wished to suit the taste, the beaten egg-yolk, the raisins cut and floured, currants floured, figs and suet chopped, the peel cut in thin slices, the fruit juice and stiffly beaten egg whites. Steam 4 hours.

English Christmas Pudding

Bread crumbs 2 lbs.	Milk.
Flour 4 c.	Suet chopped 1½ lbs.
Baking powder 4 t.	Candied peel ¼ lb.
Currants 1 lb.	Eggs 7.
Raisins 1½ lbs.	Allspice 1 t.
Almonds, chopped	Ginger 1 t.
1 oz.	Molasses 1 tb.
Brown sugar 1 lb.	Orange juice ¼ c.

Reserve enough flour to mix with the fruit. Sift the rest with the baking powder and spices. Add to the crumbs and add enough milk to moisten. Let stand a few hours, then add the other ingredients, and steam.

Fruit Ambrosia

Sliced canned	Sliced oranges ½ c.
peaches ½ c.	Cocoanut ½ c.

Fig Christmas Pudding

molasses 3 c.	Chopped suet 3 c.
Sweet milk 3 c.	Raisins, seeded 3 c.
Flour 7½ c.	Walnut meats 3 c.
Soda 3 t.	Figs, chopped ¾ c.
Salt 1 t.	Nutmeg 3 t. or more

Sift the dry ingredients, mix the chopped fruits, suet and nuts with the molasses. Brown sugar may be substituted for part of the molasses. Add the milk and sifted dry ingredients alternately. Put in buttered molds and steam 3½ hours. Serve with foamy sauce.

Ginger Pudding

Flour 2 c.	Suet 1 c.
Soda ¾ t.	Raisins 1½ c.
Baking powder 2 t.	Nut meats ½ c.
Bread crumbs 1 c.	Ginger 2 t.
Salt 1 t.	Sour milk 1 c.

Steam 2 to 3 hours.

Lemon Delight

Make a stiff lemon jelly, and cut it in cubes. Cut marshmallows in pieces, mix with the jelly, and fold in whipped cream to bind it together.

Marmalade Pudding

Butter $\frac{1}{4}$ c.	Flour $1\frac{3}{4}$ c.
Sugar $\frac{1}{2}$ c.	Soda $\frac{1}{2}$ t.
Eggs 3.	Baking powder 1t.
Orange marmalade.	Salt $\frac{1}{2}$ t.

Cream the butter and sugar, add the beaten eggs, and the flour sifted with the soda, baking powder and salt, and enough orange marmalade to make a batter of the consistency to steam. Steam 2 hours.

Nut Pudding

Molasses 1 c.	Salt $\frac{1}{2}$ t.
Raisins 1 c.	Walnut meats 1 c.
Sweet milk 1 c.	Choppd figs $\frac{1}{4}$ lb.
Flour $\frac{1}{2}$ c.	Soda 1 t.
Chopped suet 1 c.	Nutmeg $\frac{3}{4}$ t.

Mix the fruit, nuts and suet, add the molasses, then the milk alternately with the sifted dry ingredients. Steam in covered molds for three and a half hours.

Prune Whip

Prunes $\frac{1}{2}$ pound	Whites of egg 3
Walnut meats	Custard

Soak and cook the prunes. Remove the pits and rub through a sieve. Fold in the stiffly beaten egg whites, put in a buttered bake dish and cook slowly till firm. The walnuts may be added to the pulp before putting it in the bake dish, if they are wished. Pour boiled custard made from the egg yolks over it.

Prune Blanc Mange

Cooked and cut prunes $\frac{1}{2}$ c.	Prune juice $\frac{3}{4}$ c.
Hot water 4 tb.	Cocoa 2 t.
Cinnamon $\frac{1}{4}$ t.	Sugar $\frac{1}{4}$ c.
Egg white 1	Corn starch 2 tb.
	Cold water 2 tb.

Remove the pits from the prunes, and cut in quarters. Bring to the boiling point, the hot water, sugar, prunes and prune juice. Add the cornstarch, cocoa and cinnamon mixed with the cold water, and cook in the double boiler for half an hour. Pour into the stiffly beaten egg white and mold. Serve with boiled custard.

Prune Chocolate Pudding

Cracker or bread crumbs $\frac{3}{4}$ c.	Cocoa 1 tb. or Chocolate, 1 square
Brown sugar 3 tb.	Milk 1 c
Cooked chopped prunes $\frac{1}{2}$ c.	Egg 1 Vanilla $\frac{1}{2}$ t.
	Salt $\frac{1}{4}$ t.

Soak the crumbs in the scalded milk till soft, add the other ingredients, varying the amount of chocolate or cocoa, to suit the taste. Bake till firm in a buttered pudding dish. Serve with custard, or with cream.

Plum Pudding I

Eggs 4.	Currants 4 c.
Sugar 3 c.	Apples
Suet, chopped 1 lb.	chopped 1 lb.
Molasses 1 c.	Sour milk 3 c.
Soda 2 t.	Spices 2 t.
Raisins 4 c.	Baking powder 2 t.
	Flour to stiffen.

Sift together 1 c. flour, the soda, baking powder and spices. Use a little more flour to dredge the fruit. Mix the ingredients with enough more flour to make of the right consistency to steam.

Plum Pudding II

Flour 4 c.	Suet 1 lb.
Bread crumbs $\frac{1}{2}$ lb.	Raisins 1 lb.
Brown sugar 1 c.	Currants 1 lb.
Molasses 1 c.	Eggs 4-5.
Milk 1 c.	Soda 1 t.
Candied peel $\frac{1}{2}$ lb.	Spices 1 t. or more.
	Salt $\frac{1}{2}$ t.

Mix and steam 4 hours.

Plum Pudding III

Suet 3 c.	Raisins 1 c.
Brown sugar 1 c.	Prunes 1 c.
Soft crumbs 4 c.	Candied peel $\frac{1}{2}$ c.
Flour 3 c.	Spices 2 t.
Eggs 5.	Fruit juice $\frac{1}{2}$ c.
	Salt 1 t.

Soak the prunes several hours, then cut in halves and stone them.

Plum Pudding IV

Suet $\frac{1}{2}$ c.	Currants $\frac{1}{2}$ c.
Molasses $\frac{1}{2}$ c.	Figs $\frac{1}{4}$ c.
Milk $\frac{1}{2}$ c.	Almonds $\frac{1}{4}$ c.
Eggs 2.	Citron peel $\frac{1}{4}$ c.
Flour 2 c.	Candied
Salt $\frac{1}{2}$ t.	Cherries $\frac{1}{4}$ c.
Soda $\frac{1}{2}$ t.	Spices $1\frac{1}{2}$ t.
Raisins $\frac{1}{2}$ c.	Baking powder 2 t.

Mix and steam 3 hours.

Plum Pudding V

Bread crumbs 3 c.	Flour 2 tb. & $\frac{1}{2}$ c.
Suet $\frac{1}{3}$ c.	Figs $\frac{1}{2}$ lb.
Brown sugar 1 c.	Raisins $\frac{1}{2}$ c.
Evaporated	Nut meats $\frac{1}{2}$ c.
milk $\frac{1}{2}$ c.	Spices 1 t.
Water $\frac{1}{2}$ c.	Eggs 4.
	Baking powder 2 t.

Dredge the fruit with the 2 tb. of flour. With the remainder sift the spices, and baking powder and $\frac{1}{2}$ t. salt. Steam 3 hours.

Plain Pudding With Variations

Suet 1 c.	Molasses 1 c.
Milk 1 c.	Soda $\frac{3}{4}$ t.
Raisins 1 c.	Cinnamon $\frac{1}{2}$ t.
Baking	Nutmeg $\frac{1}{2}$ t.
powder $1\frac{1}{2}$ t.	Flour $2\frac{1}{2}$ c.
	Salt $\frac{1}{2}$ t.

Variations:—

In place of raisins, use 1 c. dates or 1 c. figs, and add $\frac{1}{4}$ c. citron peel.

Add nuts.

Use half white, half whole wheat flour.

In the bottom of the pudding dish put a few spoonfuls of marmalade or jam, omitting the raisins, and perhaps the spices.

In the bottom put sliced apples, or canned fruit such as apricots, peaches, raspberries, etc.

Pineapple Sorbet

Milk $1\frac{1}{2}$ qts.	Crushed pineapple
Sugar $1\frac{1}{2}$ lbs.	3 tins
	Lemons, large 2

Dissolve the sugar in the lemon juice, add the pineapple and the milk gradually. Freeze. Garnish with chopped or diced pineapple or a cherry. Serve in sherbet glasses.

Strawberry Ice

Sugar $1\frac{3}{4}$ c.	Fresh strawberries
Clear corn	mashed 2 c.
syrup 1 c.	Commercial
Lemon juice 10 tb.	pectin $3\frac{3}{4}$ tb.
	Cold water 1 c.

Cook the sugar, corn syrup and pectin to a soft ball stage. Remove from the stove, and add the strawberries and lemon juice. Add the water and cool.

Freeze and serve in sherbet glasses. Garnish with whole berries which have been dipped in lemon juice and then in granulated sugar.

Spicy Steamed Pudding

Molasses 1 c.	Baking powder 1 t.
Milk 1 c.	Cinnamon 1 t.
Minced suet 1 c.	Nutmeg $\frac{1}{2}$ t.
Whole wheat or	Ginger $\frac{1}{2}$ t.
white flour 3 c.	Cloves $\frac{1}{2}$ t.
Soda $\frac{1}{2}$ t.	Salt 1 t.
Raisins 1 c.	

Mix the molasses and milk and add to the suet. Sift the flour and spices, etc., add the raisins, add to the suet molasses mixture. Put in greased molds, cover and steam for three hours.

Steamed Cranberry Pudding

Flour 2 c.	Brown sugar 1 c.
Baking powder 3 t.	Chopped suet 1 c.
Salt 1 t.	Cranberries 2 c.
Bread crumbs 1 c.	Eggs 2.
Milk $\frac{2}{3}$ c.	

Cut the cranberries in pieces. Steam the pudding 2 or 3 hours.

Steamed Cherry Pudding

Shortening $\frac{1}{2}$ c.	Vanilla $\frac{2}{3}$ t.
Milk $\frac{3}{4}$ c.	Sugar 1 c. or less.
Cherries,	Flour 3 c.
drained 1 c.	Baking powder 3 t.
Egg whites 4.	Salt $\frac{1}{2}$ t.
Almond extract $\frac{1}{3}$ t.	

The sugar will depend on the sweetness of the cherries (canned). Steam 2 hours.

Steamed Chocolate Pudding

Butter 4 tb.	squares or 3 tb. or
Sugar 1 c.	more of cocoa.
Eggs 2.	Milk 1 c.
Flour 2 c.	Baking powder 3 t.
Chocolate 2½	Vanilla 1 t.
	Salt ½ t.

Mix as a cake batter and steam 2 hours.

Steamed Fig Pudding

Figs 1 lb.	Suet chopped ½ lb.
Milk 1½ c.	Brown sugar 1 c.
Dried crumbs 1½ c.	Nutmeg 1 t.
Flour 1½ c.	Eggs 3.
Baking powder 3 t.	Salt ½ t.

Soak the figs overnight, then stew, drain and cut in pieces before combining with the rest of the ingredients. Steam 2 hours.

Salted Nuts

Use pecans, walnuts, peanuts or almonds. Try to secure halves of pecans or walnuts. Blanch the almonds, shell and skin the peanuts. Spread out on a flat pan, sprinkle with salt and put in a moderate oven to dry and become crisp. If wished, the almonds and peanuts may have a very small amount of butter stirred in with them before drying.

Stuffed Prunes or Dates

Wipe and pit the dates, wipe the prunes and steam over hot water till soft, then remove the pits. Stuff with cheese and chopped nuts, mixed; marshmallows, cut in pieces; candy mixture; candied fruit.

Trifles

A large variety of trifles may be made from what one has on hand, arranging layers of stale cake, canned or dried fruits, stewed, bright red jelly, red jams, cocoanut, nut-meats, custard or chocolate or cream fillings, whipped cream, etc.

SALADS, FRUIT CUPS

Asparagus and Pear Salad

Drain the juice from canned asparagus tips and canned pears. Marinate the asparagus tips in French dressing for an hour. On salad plates, with lettuce, place half a pear. On each side of it place several asparagus stalks thrust through green pepper rings. Pour dressing over it, and serve very cold.

Asparagus and Cream Cheese Salad

Drain asparagus tips and marinate in French dressing for an hour. Moisten cream cheese with cream and mold in carrot forms. Roll each little carrot in paprika, put in a sprig of parsley for the carrot top. Arrange asparagus stalks and two little carrots on each individual lettuce bed.

Asparagus, Pear and Cheese Salad

Arrange lettuce on individual plates. Cut two canned pears in halves lengthwise and arrange like petals radiating from the centre. Place a stalk of asparagus between the sections of pear, making a flower. Along the centre of each pear section place a tiny strip of pimento. In the centre of the flower put a small ball of cream cheese rolled in minced parsley. Serve with dressing.

Baked Bean Bacon Salad

Three cups baked beans, well drained. Four slices of bacon diced and cooked, chopped pickle, and salad dressing to moisten, lightly tossed together, and piled on lettuce.

Crab and Asparagus Salad

Flake one 6½-oz. can of crab meat, and marinate in French dressing for an hour, with ½ can of asparagus tips cut in inch pieces. Add walnut meats and ½ c. shredded lettuce, and mix with mayonnaise, and serve at once.

Cocktails and Fruit Cups

Mix fruits long enough in advance for flavors to mingle, and for sugar if used, to dissolve.

1. Cubed orange, apple, and canned pineapple.

2. Cubed grapefruit, orange and chopped mint leaves with decoration of mint leaves if to be had, or a little essence of peppermint, or a few peppermint candies dissolved in the juice for flavor.

3. Canned pineapple, canned white cherries, and oranges.

4. Orange, pineapple and banana.

5. Pineapple, canned pears, and orange.

6. Small oranges, sliced, and arranged across a small plate with the slices overlapping.

7. Cubes of watermelon, about ½-inch in size, decorated with a sprig of parsley or a few mint leaves.

8. Small triangular wedges of fresh pineapple around a mound of ripe strawberries, with powdered sugar in which to dip them, the berries with the hulls left on, and the pineapple with the rind left on, to be eaten in the fingers.

9. Triangles of watermelon with two or three tiny balls of cheese on the side of the plate, to be eaten with a fork.

Cottage Cheese Salad

On individual plates of lettuce, unmold, in the centre, a mound of cottage cheese which has been mixed with a little cream, salt and pepper, then shaped in a small cup. On one side of the mound of cheese, put over-lapping slices of cucumber, on the other, slices of ripe tomato. Serve with dressing.

Deviled Egg Salad

Sprinkle a little boiled dressing over a bed of lettuce. Cut hard-cooked eggs in halves, lengthwise. Remove the yolk and mash with salt, paprika, a few drops of onion juice, a little softened butter, Worcestershire sauce to taste, and salad dressing to moisten. Heap into the whites and sprinkle with paprika, garnish with sprigs of parsley or cress, or little curls of celery and put on the lettuce.

Egg and Asparagus Salad

Cut 6 hard-cooked eggs in half lengthwise, and remove the yolks. Mash the yolks and a cup of asparagus tips with a fork, add 2 t. lemon juice, $\frac{1}{2}$ t. salt, $\frac{1}{8}$ t. pepper, $\frac{1}{4}$ t. celery seed, 3 tb. chopped nuts, and pile lightly in the egg whites. Serve on lettuce garnished with a few more asparagus tips, and nuts sprinkled over the top, and with dressing in a separate dish.

Egg and Fish Salad

Use either cooked or canned salmon, tuna, crab meat, shrimp, halibut, etc. Pile the fish on a bed of lettuce, and put a spoonful of boiled salad dressing on top. Around it arrange sections of hard-cooked eggs radiating like the

petals of a flower. Sprinkle with paprika. Garnish with celery curls or sprigs of parsley.

Fruit Salad for Fifty

Oranges 12	Shelled nutmeats
Apples 12	$\frac{1}{2}$ lb.
Bananas 12	Lettuce 4 heads
Pineapple 2 cans	Dressing 3 c
Whipping cream 1 c.	

Drain the pineapple, pare the oranges, apples and bananas, and cut all the fruit in small pieces and mix with the broken nut meats. Put in lettuce nests and on top a spoonful of dressing in which the whipped cream has been folded.

Jellied Asparagus and Pepper Salad

Soften 1 tb. gelatine in 4 tb. cold water. Add enough water to the liquid from one can of asparagus to make 1 c. Add one bay leaf and a spray of celery top and boil 3 minutes. Strain over gelatine and stir till dissolved. Add $1\frac{1}{2}$ finely diced peppers, 1 diced boiled carrot and $\frac{1}{4}$ t. salt. Arrange asparagus tips, tip end down, around the edge of a fluted mold. Pour the gelatine mixture in the centre and chill. Serve unmolded on lettuce, with dressing.

Jellied Chicken Salad

Gelatine 2 tb.	Cold water $\frac{1}{2}$ c.
Chicken stock or	Grated onion 1 t.
boiling water 3 c.	Chopped celery 1 c.
Lemon juice 1 tb.	Chopped green
Thick salad	pepper 1 tb.
dressing $\frac{3}{4}$ c.	Chopped pimento
Diced cooked	1 tb.
chicken 1-2 c.	Salt and pepper

Soak the gelatine in the cold water, add to the hot stock and season

with the lemon juice, salt, pepper and grated onion. Chill, and when beginning to thicken, stir in the salad dressing, diced chicken, celery, pimento and green pepper, and mold in a loaf pan. To serve, cut in slices, lay on lettuce leaves, and if wished, add sections of ripe tomato. Cooked veal or a can of tuna may be used in place of chicken. The peppers should be chopped rather coarsely, so the bits of red and green will show.

Jellied Salmon and Water Cress

Salt 2 tb.	Eggs 8.
Milk 3 c.	Vinegar 1 c.
Mustard 2 tb.	Gelatine 10 tb.
Sugar 4 tb.	Cold water 1 c.

Salmon 4 cans.

Make a dressing of the seasonings, sugar, eggs, milk, and vinegar. Soften the gelatine in the cold water and dissolve in the hot dressing. Add the flaked salmon and mold. Chill and serve on beds of water cress. Garnish with strips of red pepper.

Lobster Salad

Diced celery 4 c.	Diced lobster 10 c.
Salad dressing 2 c.	Lettuce 2 large heads

Combine the lobster, celery and salad dressing. Serve on lettuce leaves and garnish with radish roses, made by cutting the peel of small round red radishes down in six or seven points from the top, peeling back and letting stand in very cold water to curl the petals back.

Marshmallow Cup

Cut marshmallows in pieces, mix with broken walnut meats, and fold in whipped cream. Serve in glasses, topped with a cherry.

Potato Salad

Cooked potatoes,	Onions 2
cubed, 8 qts.	Salt 3 tb.
Celery or cucumber	Dressing 4 c.
cubes, 1 qt.	Paprika
Green peppers, seeded	and chopped, 2

Mix together the cubes of potato, finely chopped onion, diced celery or cucumber, chopped green pepper if available, and moisten with boiled well-seasoned dressing. Season to taste with salt and paprika. Chopped or sliced hard-cooked eggs may be added. Pimento or chopped parsley may be used for garnish and flavor. This will serve 70-75 persons.

Russian Egg Salad

On beds of lettuce arrange sections of hard-cooked eggs which have been cut lengthwise, radiating them from the centre, and serve with Russian dressing made by adding to 1 c. of boiled dressing, 2 tb. each of Worcestershire sauce and tomato catsup, or a little less of the sauce and catsup and about 2 tb. of Chili sauce.

Red and Green Salad

Crisp and shred, lettuce, or use tender little leaves. Pile in a clear glass bowl. On it lay slices of ripe tomato, sprinkle with salad dressing, then another layer of lettuce. On the top, arrange five sections of ripe tomato, cut through vertically, to form a star. Between the sections, put sprigs of water cress.

Summer Salad

On a platter arrange a bed of crisp lettuce. On it put little radishes cut like roses, cheese balls, some of them

rolled in chopped parsley, sprinkle sifted hard-cooked egg yolks over them, and around the edge put a border of the chopped egg whites. Serve salad dressing with it.

Spicy Bells—(Salad)

Cut slices of beets in bell shapes. Add four finely shredded green pepper and serve on lettuce with French dressing.

SANDWICHES

Apple Sandwiches

Put thin slices of apple between slices of buttered bread, either white or brown, and sprinkle sparingly with salt.

Chicken

Cut cold roast or stewed or boiled chicken in thin slices, or slice jellied chicken. Place between slices of buttered bread, season with salt and pepper.

Chicken Salad Sandwich

Finely chopped cooked chicken, chopped celery, chopped nut meats, moistened with salad dressing and lettuce.

Cheese Combinations

Cheddar cheese with pimento and cream to soften.

Cottage cheese with pitted and chopped dates.

Cheddar cheese moistened with a tart jelly, such as plum, grape, currant, or with gooseberry or strawberry jam.

Cottage cheese with seasonings and chopped celery, between slices of buttered brown or date bread.

Cheese-Catsup — Moisten ordinary cheese with tomato catsup or one of the meat sauces, such as H.P. or Worcestershire.

Celery-Apple—Moisten finely chopped apple and celery with salad dressing and spread between slices of buttered brown bread.

Club Sandwiches

Club sandwiches may be made of slices of hot toast, with an assortment of fillings between the slices, such as sliced tomato, lettuce, bacon, roast chicken, beef, pork, or thin slices of cooked sausage.

Date Sandwich—Pit the dates and chop to a smooth paste, moisten with fruit juice, such as orange and a few drops of lemon, or canned fruit juice, especially pineapple; or cream or salad dressing.

Egg Sandwich

Cook the eggs hard, remove the shells, mash and season with salt and pepper, moisten with salad dressing or melted butter, or thin cream.

Egg with Bacon, Ham or Salmon—Mix finely chopped hard-cooked egg with chopped cooked bacon, ham or canned salmon and moisten with salad dressing.

Ham-Pickle—Moisten finely chopped cooked ham with any chopped pickle.

Hot Sandwiches

Mince cooked meat, such as ham or beef, season, spread between slices of buttered bread, dip in a mixture of 1 slightly beaten egg to each cup of milk, salt and pepper, and brown on both sides in a hot greased frying pan.

Finely minced beef, cooked, moistened with tomato soup, proceed as above.

Cooked or canned fish, moistened with white sauce or tomato sauce, and cooked as above.

Honey-Nut—Use the granulated honey and mix it with finely chopped walnuts.

Minced Meat

Put cooked meat through the meat-chopper, season and moisten with salad dressing.

Meat Loaf—Thin slices of meat loaf with a little mustard.

Prune-Nut

Wash the prunes and steam over hot water till tender. Remove the pits, chop, mix with chopped nutmeats, and moisten with fruit juice, cream or salad dressing.

Peanut Butter-Banana—Mash a ripe banana with a silver fork and mix with peanut butter. Or spread peanut butter on one slice of bread, then cover with thin slices of banana, and place the second slice of bread on top.

Tomato with Chipped Beef—Use either fresh or canned tomatoes. Tear the dried beef into tiny bits and simmer with the tomato till nearly thick. Break into the mixture one or two eggs, and stir till thick enough to spread. Cool and season.

SAUCES

Almond Sauce

Butter 4 tb. White of egg 1
Powdered sugar 1 c. Almond extract $\frac{1}{2}$ t.

Cream the butter and sugar, add the almond extract and fold in the beaten egg white.

Cranberry Sauce

Cranberries $\frac{1}{2}$ c. Powdered
Butter 1 tb. sugar $1\frac{1}{4}$ c.

Water.

Cook the cranberries in a small amount of water till the skins burst, then rub through a strainer and cool. Cream the butter and add the sugar and juice alternately.

Caramel Sauce

Sugar 1 c. Butter 2 tb.
Salt $\frac{1}{2}$ t. Water 2 c.
Cornstarch 2 tb. Vanilla 1 t.

Cook the sugar in the frying pan, stirring constantly till it melts. Add the water and cook till the lumps melt then stir in the cornstarch dissolved in a little cold water, and cook over hot water 15 minutes. Stir in the butter, salt and vanilla and serve hot.

Caramel Sauce II

Butter 4 tb. Brown sugar 1 c.
Eggs 2. Milk or cream $\frac{1}{2}$ c.
Vanilla 1 t.

Cream the butter and sugar, add the beaten egg yolks, vanilla and cream or milk. Cook over hot water till like custard. Pour over the beaten egg whites and blend together. Serve either warm or cold.

Creamy Sauce

Butter 4 tb. Milk $2\frac{1}{2}$ tb.
Powdered sugar 1 c. Fruit juice 2 tb.

Cream the butter and sugar and add the milk and any desired fruit juice a drop at a time to prevent curdling, then stir constantly over hot water till warm.

Chocolate Sauce I

Egg 1. Chocolate 1 square
Powdered Butter 4 tb.
sugar 1 c. Vanilla $\frac{1}{2}$ t.

Beat the egg, add the sugar, then the melted butter and chocolate melted over hot water, and the vanilla. Beat till foamy.

Chocolate Sauce II

Flour 2 tb. Chocolate 2 squares
Sugar 1 c. Salt $\frac{1}{2}$ t.
Boiling water 2 c. Vanilla 1 t.
Butter 3 tb. or a little less.

Make as lemon sauce, cooking the chocolate with the flour, sugar and water.

Cooked Fruit Sauce

Make like lemon sauce, using fruit juice, such as cherry, strawberry, raspberry, plum, etc., from canned fruit in place of all or part of the water, depending on the richness and sweetness of the juice. Use 2 tb. cornstarch or 3 tb. flour to each 2 c. of juice. Sugar according to that in the juice. no flavoring will be required.

Uncooked Fruit Sauce

Butter $\frac{1}{3}$ c. Powdered sugar 1 c.
Fruit juice $\frac{1}{2}$ c. White of egg 1.

Cream the butter and sugar, add the stiffly beaten egg white, then the fruit juice, not a sweet juice. Grape or strawberry juice are good.

Foamy Sauce I

Butter $\frac{1}{2}$ c. Egg 1.
Powdered sugar 1 c. Orange juice 2 tb.

Cream the butter and sugar, add gradually the orange juice and beaten egg. Use other fruit juice in place of orange juice if wished.

Foamy Sauce II

Brown sugar 1 c. Vanilla 1 t.
Eggs 1 large or Butter 6 tb.
2 small. Boiling water 2 tb.
Salt $\frac{1}{2}$ t.

Mix and heat, while beating over hot water. Serve at once.

Foamy Sauce III

Powdered Hot rich milk or
sugar 1 c. cream 4 tb.
Egg whites 2. Vanilla 1 tb.

Fold the sugar into the stiffly beaten egg whites and the vanilla then beat in the hot milk or cream and serve at once while still warm.

Hard Sauce

Butter $\frac{1}{3}$ c. Powdered sugar 1 c.
Hot water 1 or 2 Vanilla $\frac{2}{3}$ t.
drops. Lemon extract $\frac{1}{3}$ t.

Lemon Sauce

Sugar 1 c. Lemon juice 3 tb.
Boiling water 2 c. Cornstarch 2 tb.
Butter 3 tb. Salt $\frac{1}{4}$ t.

If flour is used in place of cornstarch, use one and a half times as much flour. Mix the sugar and cornstarch and add the water slowly, while stirring, and the salt. Cook over hot water 15 minutes or longer. When ready to serve remove from the fire, add the butter and lemon juice and stir till the butter is melted.

Maple Sauce

Brown sugar $\frac{1}{2}$ c.	Flour 2 tb.
Maple syrup $\frac{1}{2}$ c.	Butter 2 tb.
Boiling water 2 c.	Salt $\frac{1}{2}$ t.

Follow the directions for lemon sauce.

Mushroom Sauce

Make a brown sauce of 2 tb. butter in which a slice of onion is browned, then removed from the butter, 2 tb. flour, 1 c. brown soup stock, salt and pepper. To the sauce add mushrooms, cooked if fresh ones are used. When using canned mushrooms, drain, rinse in cold water and slice, then heat in the sauce.

Nutmeg Sauce

Make as lemon sauce, adding nutmeg with the lemon juice and butter.

Orange Sauce

Sugar 1 c.	Orange, rind and
Flour 2 tb.	juice of 1.
Salt $\frac{1}{4}$ t.	Boiling water 2 tb.
	Butter 2 tb.

Cook the sugar, flour, salt, water and orange rind 7 or 8 minutes, add the butter and orange juice and serve at once.

Sauce Supreme

Sugar 1 c. Cream whipped 1 c.
Water 1/3 c. Egg yolks 2.
 Vanilla 1 t.

Cook the sugar and water together till they spin a thread, pour over the beaten egg yolks, and beat till creamy and cool. Just before serving fold in the vanilla and whipped cream.

Sterling Sauce

Butter 6 tb. Rich milk or cream
Brown sugar 1 c. 4 tb.
 Vanilla 1 t.

Cream the butter and sugar. Add the vanilla and milk, drop by drop to prevent curdling.

Vanilla Sauce

Use the recipe for lemon sauce, omitting the lemon juice and adding 1½ t. vanilla.

Yellow Sauce

Eggs 2. Powdered sugar 1 c.
Vanilla 1 t. Salt ½ t.

Beat the eggs and gradually beat in the sugar, salt and vanilla.

SOUPS, CHOWDERS

Cream of Onion and Potato Soup

Salt and pepper

Potato water 1 c. Onions 4
Flour 2 tb. 1 tb.
Butter 2 tb. Chopped parsley

Boil the potatoes and onions together till soft. Drain and save the water. Rub the vegetables through a coarse strainer. Make a white sauce of the liquid, flour and butter, and combine with the potato and onion pulp. Season with chopped parsley, salt and pepper. Beat with egg beater and serve with croutons.

Scalded milk 3 c. Medium potatoes 4

Cream of Asparagus Soup

Drain 1 can of asparagus tips, cut off the tips and reserve. Add 1 slice of onion to the stalks and juice and simmer till tender, and very soft. Rub through a colander. Make a white sauce of 3 tb. butter, 3 tb. flour, 2 c. milk, 3 tb. grated cheese, $\frac{3}{4}$ t. salt and $\frac{1}{4}$ t. pepper. Add to the asparagus pulp with the tips and one cup thin cream. Reheat and serve with 1 hard-cooked egg grated or riced over the top.

Cream of Tomato Soup

Heat milk over hot water. In a separate kettle heat canned tomato soup, to which a little water may be added. When required, add the hot tomato soup to the milk. Salt is the only thing which needs to be added.

Corn Chowder

Fat salt pork	Hot milk 4 c.
2 slices	Salt and pepper
Diced boiled	Boiling water 2 c.
potatoes 3 c.	Onion 1
Cooked corn 1 c.	

Cut the pork into dice and try out. In this cook the sliced onion. Strain the fat into a kettle, and put the potatoes into it. Add boiling water, corn, hot milk and seasonings. Bring to boiling point and serve with a cracker in each soup plate.

Carrot Chowder

Diced carrots 2 c.	Flour 2 tb.
Diced potatoes 1 c.	Milk 2 c.
Diced onion $\frac{1}{2}$ c.	Water 3 c.
Diced raw bacon 4 tb. Salt and pepper	

Dried celery or parsley for flavor

Cook the carrots, onions and potatoes in the water till tender. Add the milk, the bacon cubes, which have been fried, and the flour cooked in the bacon fat, after being mixed with enough cold water or milk to make a paste. Combine the ingredients, and add if wished, a little chopped parsley or dried celery tops for seasoning, and sprinkle with paprika.

Vegetable Chowder

Cook together 1 c. grated or finely chopped carrot, 1 c. chopped onion and 3 c. water. After 10-15 minutes cooking, add 1 c. diced potatoes, and continue to cook till tender. Add 2 c. milk, 2 tb. flour, 2 tb. butter, salt and pepper and 1 tb. chopped parsley.

VEGETABLES

Asparagus and Peas on Toast

Break a bunch of asparagus into pieces, wash and cook in boiling salted water, and drain. Heat a can of peas and drain, season and mix lightly with the asparagus. Pile on buttered toast and pour over melted butter or Hollandaise sauce. Reserve the liquor from both for soup or sauce or gravy.

Asparagus Au Gratin

Cook and drain the asparagus, or heat and drain one can of tips. Arrange in alternate layers with four hard-cooked eggs, in a buttered casserole. Pour over them a sauce made of 4 tb. butter, 4 tb. flour, the asparagus juice with enough milk to make 2 c., $\frac{1}{4}$ c. grated cheese, $\frac{1}{2}$ t. salt, $\frac{1}{8}$ t. pepper. Cover with buttered crumbs, cook in a hot oven 10-15 minutes.

Asparagus Timbales

Drain one can of asparagus, cut in very thin slices, and drain again. Beat 1 egg, add to the asparagus with $\frac{1}{2}$ c. milk, 2 tb. melted butter, $\frac{3}{4}$ t. salt, $\frac{1}{8}$ t. pepper, $\frac{1}{2}$ t. onion juice, 2 t. chopped pimento. Put in greased molds, and set in a pan of hot water and cook in a slow oven till a knife comes out clean. Unmold, and serve hot with parsley sauce made by adding chopped parsley to a white sauce.

Asparagus Omelet

Make a four-egg omelet. When done, spread one half with hot well-seasoned asparagus tips cut in small pieces, fold

the omelet over onto a hot platter. Grated cheese may be sprinkled on the asparagus.

Asparagus De Luxe

Cook asparagus tips and put on oblongs of toast on a platter. Around the edge put halves of eggs, stuffed, alternating with triangles of toast on each of which is a little curl of bacon. Over the asparagus spread melted butter or pour a little cheese sauce.

Asparagus Shortcake

Cut the asparagus in inch pieces and cook till tender. Add to cheese or rich white sauce, and serve between halves of hot biscuits and on top of them.

Acorn Squash with Bacon

Cut the squashes in halves, scoop out the seeds, sprinkle with salt and pepper, and lay one or two slices of bacon in each shell. Put in a dripping pan and bake till tender.

Acorn Squash

Prepare the squashes as above, omitting the bacon, and putting in each half a little brown sugar or molasses and dot with butter and bake.

Baked Macedoine of Vegetables

Boil 2 c. carrot rings, about $\frac{1}{4}$ inch thick, for 20 minutes. Add 2 c. onions, cut in halves if small, sliced if large, and boil 10 minutes longer. Add 2 c. potatoes, cut in pieces, boil 20-25 minutes, adding 2 t. salt. Drain, saving the liquid for soup. Put in a bake dish and cover with a sauce of 1 c. milk,

1 tb. butter, 1 tb. flour, 1 tb. chopped parsley sprinkled on top, and bake 15 minutes.

For another meal, add to the vegetable stock, 2 c. milk, 2 tb. butter, 1 to 2 tb. flour and seasonings, for a pot of soup.

Bavarian Cabbage

Put 1 tb. bacon fat or butter in frying pan and cook in it 1 tb. minced onion; add $\frac{1}{2}$ c. vinegar, salt, pepper, 1 tb. sugar and 6 c. finely chopped cabbage. Cover and simmer 20 minutes. A little water may be needed also.

Baked Onions II

Peeled onions 4 c.	Milk 1 c.
Flour 2 tb.	Bread crumbs
Butter 2 tb.	Salt and pepper

Peel the onions, put in a saucepan with enough boiling salted water to cover and cook, uncovered, till tender. Put in a buttered bake dish, pour over them the white sauce made of the butter, flour and milk, cover with buttered crumbs and brown in the oven.

Baked Onions

Peel and parboil large white onions. Place in a baking dish, dot with butter and sprinkle with sugar. Put enough of the water in which they were parboiled, in the pan to keep them from burning. Bake in a moderate oven till the tops are glazed.

Bermuda Onions, Creamed

Peel and cook Bermuda onions in salted water till tender. Drain and put one onion on each of the required

number of slices of buttered toast. Pour over each a little well-seasoned cheese sauce.

Boiled Lettuce

Lettuce too coarse for use raw, may be boiled for greens. Wash it and shred in half-inch strips with scissors. Boil or steam till tender (about 20 minutes) and serve with salt, pepper and butter or with cream sauce.

Baked Cauliflower and Macaroni.

Boiled macaroni 2 c. Cauliflower 1
Cheese $\frac{1}{4}$ c. White sauce 2 c.

Buttered crumbs

Cook and drain the cauliflower and the macaroni. Put a layer of crumbs in a bake-dish, and on it arrange alternate layers of macaroni and of cauliflower. Melt the cheese in the white sauce, season well and pour over the macaroni and cauliflower, cover with crumbs and brown in the oven.

Baked Onions, French Style

Peel small white onions and cook for 15 minutes in boiling salted water. Drain and wipe dry. Put in a shallow bake-dish and pour over them a cup of well-seasoned soup-stock. Bake till tender, basting often with the stock.

Cabbage with Carrots

Cut young carrots in fine stripes about $1\frac{1}{2}$ or 2 inches long, and cook 10 minutes in boiling salted water, then add twice as much new cabbage cut in fine strips, and continue cooking till done, which will take about 15 or 20 minutes. Drain, saving the liquid for soup or gravy, and serve hot with butter, salt and pepper.

Corn and Pepper Ramekins

Corn 2 c.	Sugar 1 tb.
Salt 1 t.	Pepper $\frac{1}{4}$ t.
Green pepper 1	Pimento 1
Butter	Bread crumbs

Milk if needed, to moisten.

Canned corn will be moist enough, fresh corn, removed from the cob will require a little milk. Chop the green pepper and pimento. Mix with the corn and seasonings. Put in buttered ramekins, with alternate layers of bread crumbs, using about 1 c. of crumbs, and having crumbs on top. Dot with butter. Brown in the oven.

Cabbage with Bacon

Cook the cabbage, drain and chop it and mix with a sauce made of 2 tb. bacon fat, 2 tb. flour, 1 c. milk, 1 tb. finely chopped onion, salt and pepper. Cook the onion in the bacon fat before adding the other ingredients. Put the cabbage in a hot serving dish and garnish with curls of bacon.

Curried Cauliflower

Cook a cauliflower in salted water till tender, and drain, and put in a heated vegetable dish. Pour over it a sauce made of 1 tb. chopped onion cooked in 2 tb. butter, 1 tb. flour, 1 t. curry powder, 1 c. milk, water or soup stock.

Carrots and Rice, Scalloped

Cook $\frac{3}{4}$ c. rice till tender, scrape and cook some carrots, cut in slices. Make 1 c. white sauce. Put alternate layers of rice, carrots, dots of butter, salt and pepper and white sauce, in a buttered bake dish, cover with buttered crumbs, and bake in the oven about 20 minutes.

Corn Ramekins

Cut corn 2 c.	Eggs 2
Butter 2 tb.	Milk 2 c.
Flour 1 tb.	Sugar 1 t.

Salt and pepper

Mix and divide among greased ramekins or custard cups, set in a pan of hot water and bake till set. Garnish and serve hot.

Creamed Cucumbers

Pare the cucumbers, cut in halves lengthwise, and scoop out part of the seeds. Cut in half inch slices. Sauté, being careful not to break the pieces, in a little butter. Cover with a white sauce and simmer till tender. Add carefully the well beaten yolk of an egg, a little lemon juice, and sprinkle with chopped parsley. A rather rich sauce will be required.

Curried Lima Beans

Lima beans $\frac{1}{2}$ lb.	Flour 4 tb.
Onions, small, 2	Green pepper 1
Curry powder 1 t.	Butter 2 tb.
or more	Milk 1 c.

Salt and pepper

Soak the beans over night, drain and cook in fresh boiling water till tender. Add salt and pepper to taste. Remove the seeds and membrane from the pepper, and cut in fine strips. Slice the onions and cook them with the onions in the butter. Add to 2 c. of the liquid in which the beans were cooked. Mix the flour and curry powder with the cold milk, add to the hot liquid, and the beans, and cook in the double boiler or in a covered bake-dish in the oven for 20 to 30 minutes. More curry may be used if liked.

Corn Custard With Tomatoes

Cut corn 1 c. Milk $\frac{1}{2}$ c.
Eggs 3 Onion 1 slice
Slice of fried tomato Salt and pepper

Scald the milk with the onion slice and remove the onion later. Mix the corn cut from the cob, the well-beaten eggs, salt and pepper and the hot milk, and pour into buttered custard cups. Set in a pan of hot water and bake till a knife comes out clean. Have ready a sufficient number of slices (large), fried or broiled ripe tomatoes. Turn each custard out on a slice of tomato and serve at once. Chopped cheese may be added to the custard mixture before baking. This makes 6 small or 4 large custards.

Corn Soufflé

Cut corn 1 c. Eggs 3
Milk 1 c. Salt and pepper
Butter 1 tb.

Cut the corn from the cob and cook in the double boiler with the milk for 15 or 20 minutes. Add the butter, salt, pepper and beaten egg-yolks, then partly cool. Fold in the stiffly beaten egg whites and pour into a greased bake-dish and bake in a moderate oven.

Curried Tomatoes

In a frying-pan cook 2 tb. butter, 1 tb. chopped onion, 1 tb. chopped celery and 5 or 6 ripe tomatoes, sliced. When tender, skim out the tomatoes and put either in a serving-dish or on slices of toast. To the juice left in the pan add 1 tb. flour, $\frac{3}{4}$ t. curry powder, salt and pepper and $\frac{3}{4}$ c. rich milk or cream, cook till thick and pour over the tomatoes.

Deviled Egg Plant

Peel the egg plant and cut in $\frac{1}{2}$ inch slices, sprinkle with salt and pepper, brush with melted butter, and spread with a very thin layer of mixed mustard, then with fine dry bread crumbs. Broil on a greased broiler for 8 or 10 minutes, or sauté in the frying pan. To serve, put a little melted butter on each slice.

Fried Tomatoes

Select very firm tomatoes, peel and chill and cut in $\frac{1}{4}$ -inch slices. Sprinkle with salt, pepper and a little sugar, roll in bread crumbs, then in a mixture of 1 beaten egg and 3 tb. milk, and again in crumbs. Brown on both sides in a little fat in the frying-pan. Serve as a main dish on a platter with a heap of rice with cheese sauce in the middle, surrounded by a border of the tomatoes and curls of bacon.

Fried Green Tomatoes

Wash and slice the tomatoes, sprinkle with salt and pepper and drop into a batter made of 1 c. flour to $\frac{3}{4}$ c. milk, and seasoned with a little salt. With a fork lift the tomato slices into a pan of hot fat and fry till the batter is a golden brown.

Jellied Vegetables

Soak 2 tb. gelatin in 1 c. vinegar and water, half of each or a little less vinegar, add 2 c. boiling water, 4 tb. sugar, 1 t. or a little more of salt, and stir till it dissolves. When it begins to stiffen, pour into a mold in alternate layers with a mixture of

vegetables, such as diced celery, shredded cabbage, cooked peas, beans, beets, etc. Serve with lettuce and salad dressing. Lemon juice may be used to taste in place of vinegar.

Kentucky Corn

Milk 1 c. Melted butter 2 tb.
Eggs 2 Corn 2 c.
Salt and pepper

Beat the eggs, add the milk and corn, butter and seasonings, pour into a buttered bake dish and set in a pan of water in the oven till set like a custard.

Kohlrabi, Creamed

Pare the kohlrabi, cut in cubes, and cook in boiling salted water till tender. Put in a heated vegetable dish and pour over it a rich white sauce to which the beaten yolk of an egg has been added when it is removed from the fire.

New Cabbage

Let the cabbage stand in salted cold water for a few minutes to remove any insects there might be. Cook in an uncovered kettle of boiling salted water for 10-12 minutes. Drain, chop, put in a hot vegetable dish and either dot with butter or pour over it a white sauce.

Onion Pie

Cook several small onions till tender, but not broken, and drain. Put in a buttered baking-dish, cover with a layer of chopped cooked meat, and moisten with gravy or thickened soup stock or tomato sauce. Cover with a baking powder biscuit crust, and bake in a hot oven, and serve at once.

Onions and String Beans

On a flat buttered bake dish, arrange 6 or 8 whole cooked medium-sized onions, leaving a space around each onion. Fill in the spaces with cooked string beans. Pour over all 1 c. thin white sauce, dot with butter and bake in the oven till thoroughly heated.

Onions Au Gratin

Boil small white onions till tender. Drain and add a medium white sauce put in a casserole, cover with grated cheese and crumbs, and bake till browned. Cornflakes may be used in place of crumbs.

Potato Cakes

Add milk or beaten egg to mashed potatoes, season well with salt, pepper and a little chopped onion, and stir in a little sifted flour, and form into cakes. Brown on both sides in dripping in the frying pan. A little chopped cooked meat or fish or grated cheese may be added when mixing them.

Potato and Onion Casserole

Peel six white onions and six potatoes and boil together till both are soft. Drain, mash, add salt, pepper, one cup of milk, and two beaten eggs. Place in a buttered casserole, put 4 tb. butter on top, and bake in a moderate oven till brown.

Peas in Baskets

For the baskets, use round white turnips, one for each serving. Pare them and scoop out the centre. Boil in water to which a little lemon juice or

vinegar has been added, and drain when tender. Fill the baskets with green peas, cooked and seasoned. Handles may be made for the baskets from strips of green pepper.

Scotch Woodcock

Make a sauce of 4 tb. butter, 4 tb. flour, 2 c. milk, juice from one can asparagus. Add 4 hard-cooked chopped eggs and the asparagus tips cut in pieces. Add one chopped pimento and serve hot on toast.

Stuffed Baked Tomatoes

Select firm ripe tomatoes. Cut a slice from the stem end, and scoop out the pulp, sprinkle with salt and drain. Drain the juice from the pulp, and add cooked corn and seasonings to the pulp, refill the cups with the mixture, cover with buttered crumbs, and bake till tender (about 20 minutes).

Sliced Cucumbers

Peel the cucumber, hold in the left hand, and with a fork in the other score the cucumber from end to end all the way around it, to give a scalloped edge. Then slice and allow to stand for a few minutes in vinegar, diluted if necessary.

String Beans and Cheese

For a hot main dish.

Cut the string beans in pieces, and cook. Drain and put in the serving dish, add salt and pepper and for a quart of beans, $\frac{1}{2}$ c. grated cheese, and 1 c. cream or evaporated milk, lifting with a fork till well mixed, then

sprinkle a little more grated cheese on top, and set in the oven to re-heat.

Stuffed Cabbage

Mix together 1 c. cooked rice, $\frac{1}{2}$ to 1 c. cooked chopped meat, and seasonings. Moisten with gravy or soup stock or tomato juice, and put by spoonfuls into leaves of cabbage which have been dipped into hot water to soften them, to roll without breaking. Fasten with toothpicks, and either steam or boil in water or soup stock till the cabbage is tender.

Swiss Chard

Cut the green part from the mid-ribs of the chard. Steam or boil the green portion, drain, chop and season, and pile in the middle of a heated flat serving dish. At the same time cut the mid ribs in pieces of any desired length, cover with boiling water and cook till tender, like celery. Drain and add to 1 c. of cream sauce, seasoned well and pour around the mound of green chard in the dish. To save fuel, cook the white pieces in the lower vessel and steam the green leaves above them.

Stewed Cucumbers

Pare and dice the cucumber and cover with boiling water, and cook till tender. Drain, reserving the liquor for the sauce. For a quart of cucumbers there will be about $1\frac{1}{2}$ c. of juice. To it add 2 tb. flour, 2 tb. butter, cook till thick, remove from the fire, add 2 beaten egg yolks, 2 tb. lemon juice, salt and paprika to taste. Pour over the hot cucumber.

Scalloped Rice and Tomatoes

Boil or steam 1 c. rice. Put half of it in a buttered casserole, cover with half of the ripe tomatoes used, peeled and cut in halves. Sprinkle with salt and paprika, cover with the rest of the rice and tomatoes, and pour over them 1 c. of cheese sauce, cover and cook 20 minutes, then remove the cover to brown slightly.

Stuffed Beets

Cook and peel medium sized beets, cut a slice from the top, and scoop out most of the centre, leaving cups, which are brushed inside with melted butter and sprinkled with salt and pepper. Fill with cooked and seasoned chopped carrots or with cooked peas. Place in the oven to heat.

Scalloped Onions and Peas

Cook onions till tender, leaving small ones whole, cutting large ones in quarters. Drain, putting half of them in a buttered casserole. Dot with butter and $\frac{1}{4}$ c. buttered crumbs, then a thick layer of cooked peas, well seasoned, then the remainder of the onion, seasoning and a layer of buttered crumbs. Pour over all 1 c. of thin cream or rich milk, and brown in a hot oven.

Stuffed Egg Plant

Cut the egg plant in two, lengthwise, and cook in boiling salted water till tender but not mushy. Drain, scoop out and chop the pulp, leaving a shell to be stuffed. Fry a chopped small onion in butter, add the chopped egg plant pulp, and either $\frac{1}{2}$ c. chopped

cooked meat or of bread crumbs, season, put in the shells, dot with butter and sprinkle with crumbs and bake 15 or 20 minutes.

Stuffed Summer Squash or Vegetable Marrow

Pare the squash and cut in halves crosswise if a scalloped squash, lengthwise if a marrow. Remove the seeds. Either steam or cook in boiling salted water for 10 minutes, drain and cool. Fill with a well-seasoned mixture of finely chopped cooked meat, moistened with gravy or white sauce, and if wished some crumbs. Bind together with the yolk of an egg. Sprinkle a layer of crumbs on the filled shells, dot with butter, or if the meat is very lean, a few slices of bacon may be placed on top. Place on a flat pan and cook in a rather hot oven till the marrow is tender.

Southern Corn Patties

Cut corn 2 c.	Grated cheese 2 tb.
Milk 1 c.	Butter 1 tb.
Egg 1	Salt and pepper

Cut the corn from the cobs and cook with the milk in the double boiler till tender (about 15-20 minutes). Add the butter, cheese, salt, pepper and beaten egg, mix well and cool. When cold, form into flat cakes, dip in crumbs, egg and crumbs and bake till golden brown in a hot oven, or fry in deep fat. Serve at once.

Stuffed Tomatoes

Wash firm ripe tomatoes, cut a slice from the stem end, scoop out a portion of the interior, and fill with a variety of stuffings:

Cut corn from the cob.

Bread crumbs with salt, pepper, butter and a little onion.

Cooked rice or macaroni, seasonings and cheese.

Chopped cooked meat, such as beef, ham, bacon, etc.

Cold chopped potatoes and fried Hamburg steak, mixed.

Stuffed Sweet Peppers

For 6 large sweet green peppers, 2 c. boiled rice and $\frac{1}{4}$ c. broken nut meats will be required. Cut off the stem end of the pepper, remove the membrane and seeds, and fill with rice and nuts mixed, seasoned with salt and pepper and moistened with a little melted butter. Replace the tops of the peppers, and bake in a pan containing a little water or soup stock, for about 30 minutes, basting occasionally.

Smothered Onions

Peel and slice 4 c. of onions. Put 2 tb. of fat in a frying pan, put in the onions, cover and simmer till the onions are tender. A thick frying pan should be used. Season and increase the heat to brown the onions. Serve with steak, liver, etc.

Tomatoes with Eggs

On a platter or round large plate arrange alternate sections of firm ripe tomatoes, cut vertically, with hard-cooked eggs cut lengthwise into quarters. Decorate with something green, such as sliced cucumbers, cress, etc.

Tomatoes with Spinach

Make cups of firm ripe tomatoes. Fill with spinach, cooked, chopped and seasoned, sprinkle with grated cheese. and bake for 20 minutes.

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